

HEALING PRAYERS & CHRISTIAN TWELVE-STEPS



see also:

www.altogetherlovely.org/discipleship

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DISCLAIMER

This book is not to replace counseling when needed. In fact, we encourage individuals to find trusting Christian counseling and discipleship. Not Christians who counsel but CHRISTIAN COUNSELING making JESUS CHRIST the Center of the process. This material is a “tool” to offer support. Individuals are responsible for their own healing and no one else. It is between you and God. Nobody knows you better than God. In no way does this book claim to replace professional counselors when needed. A professional Christian counselor is something that should be considered between God and the individual. Again, this book offers “laymen” resources for those wanting to grow and heal in Christ.

SALVATION Through JESUS CHRIST!!

IMPORTANT: The most important thing is to know you are SAVED. If you don't know you have forgiveness of sin and eternal life in Christ please go through THE "ROMANS" ROAD on the next slide. You must be born again of the Spirit of God through faith in Jesus Christ – faith in what Jesus did for you on the cross through the shedding of His blood – and faith that you have ETERNAL LIFE (Jesus is Eternal Life) and that you will spend eternity in heaven with Christ. His blood for your forgiveness, His death on the Cross for your death to your old man, and His Resurrection for your new life in Him: His RESURRECTION LIFE – THE LIFE OF JESUS!!

NEW BIRTH – NEW CREATION - NEW LIFE – NEW HOPE

**Christian Volunteers (not professionals) to Talk To – You Are Not Alone:
By phone/chat you can talk/pray with these Christians who love to encourage.**

phone: 1-800-700-7000 / 1-866-987-7729 /
1-866-273-4444 / 1-800-633-3446 / 1-866-899-9673
(International: 001-817-868-7776 / 044-45-999-000)

www.groundwire.net/chat

www.chataboutjesus.com/ www.needhim.org

needencouragement.com/talk-with-someone/

The "Romans" Road (The Gospel of Jesus Christ)

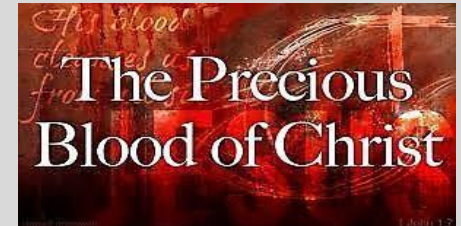
The Problem & Wages of Sin:

"For all have sinned and fall short of the glory of God" (Romans 3:23)

"For the wages of sin is death..." (*spiritual & physical death*) (Romans 6:23a)

The Love of God:

"But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us." (Romans 5:8)



The Free Gift of Salvation:

"But the gift of God is eternal life in Christ Jesus our Lord." (Romans 6:23b)

Accepting the Free Gift:

"That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved." (Romans 10:9)

"For whoever calls on the name of the LORD shall be saved." (Romans 10:13)

To have forgiveness of sin & eternal life in Christ Jesus, pray (out loud from the heart):

"Lord Jesus, I agree with Your Word and know I am a sinner and have displeased You in many ways. I believe You died for my sin, and only through faith in Your blood shed on the cross can I be forgiven. I also know that only through faith in Your resurrection can I have eternal life in You. I repent and turn from my sin and ask You to come into my heart and life as my Savior and Lord. From this day on, I will follow You by living a life that pleases You through the Power of Your Holy Spirit. Jesus fill me with Your Holy Spirit from the top of my head to the bottom of my feet. Fill me in my spirit, soul, body. Thank You Jesus, for saving me and filling me with Your Holy Spirit. You are so good!! In Jesus' Name I pray. Amen

TWELVE-STEP “OPEN” MEETING FORMAT



12-STEP “OPEN” MEETING FORMAT

OPEN MEETINGS: are open to the public to get people involved in their growth, healing, and recovery. They are also a great way to bring others into the process as new people are welcome ANYTIME! **Setup:** 1) can put people around a table 2) for larger crowds use a church service setting and ask people to come up front to share.

Note: there are three sharing times. For more sensitive sharing times break up into smaller groups with the women separate from the men. Also allows more sharing.

CLOSED MEETINGS: Open meetings can lead to smaller group meetings which may or may not be CLOSED after they start (usually after the first 3 meetings). Many times people want to have meetings to begin deeper sharing, fellowship, and prayer. Here you can do meetings for sexual abuse, addictions, basic Christianity, Christian growth, etc. as qualified leaders become available. Some of these meetings will be called CLOSED MEETINGS because people will stay in the same group for 6-12 months and it is disruptive to have someone join mid-stream because they are behind in the study or deep bonds have been created and people aren't open to newcomers after that happens. After 6-12 months it is important to break up the group, discern leadership, & begin new groups in order to multiply yourselves.

IMPORTANT: The 12-Steps lay a foundation for recovery. An individual should spend at least one year working the 12-steps (completing all 12 steps especially the 5th) BEFORE going into deeper healing (sexual abuse groups, etc.)

TWELVE STEP “OPEN” MEETING (INTRODUCTION)

L: Welcome everyone. It is great to see everyone here!! This is going to be a non-threatening time for people to share, learn, and grow in Christ.

To begin with let's prepare our hearts with a few moments of “silent prayer” followed by the Serenity Prayer.

THE SERENITY PRAYER

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
& wisdom to know the difference.
Living one day at a time;
enjoying one moment at a time;
accepting hardships as the pathway to peace;
taking, as Jesus did, this sinful world as it is,
not as I would have it;
trusting that He will make all things right
if I surrender to His Will;
that I may be reasonably happy in this life
and supremely happy with Him forever in the next.
In Jesus' Name I pray. Amen.

12-Steps Simplified

1. I can't
2. *God can*
3. *Let God*
4. *Look within*
5. *Admit wrongs*
6. *Ready self for change*
7. *Seek God's help*
8. *Become willing*
9. *Make amends*
10. *Daily inventory*
11. *Pray & meditate*
12. *Give it away*

L: My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. As people share, we should listen and pray for them. It is the Holy Spirit who changes us, heals us, guides us, and empowers us. Non-Judgmental Listening is the best thing we can do. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said here stay here.

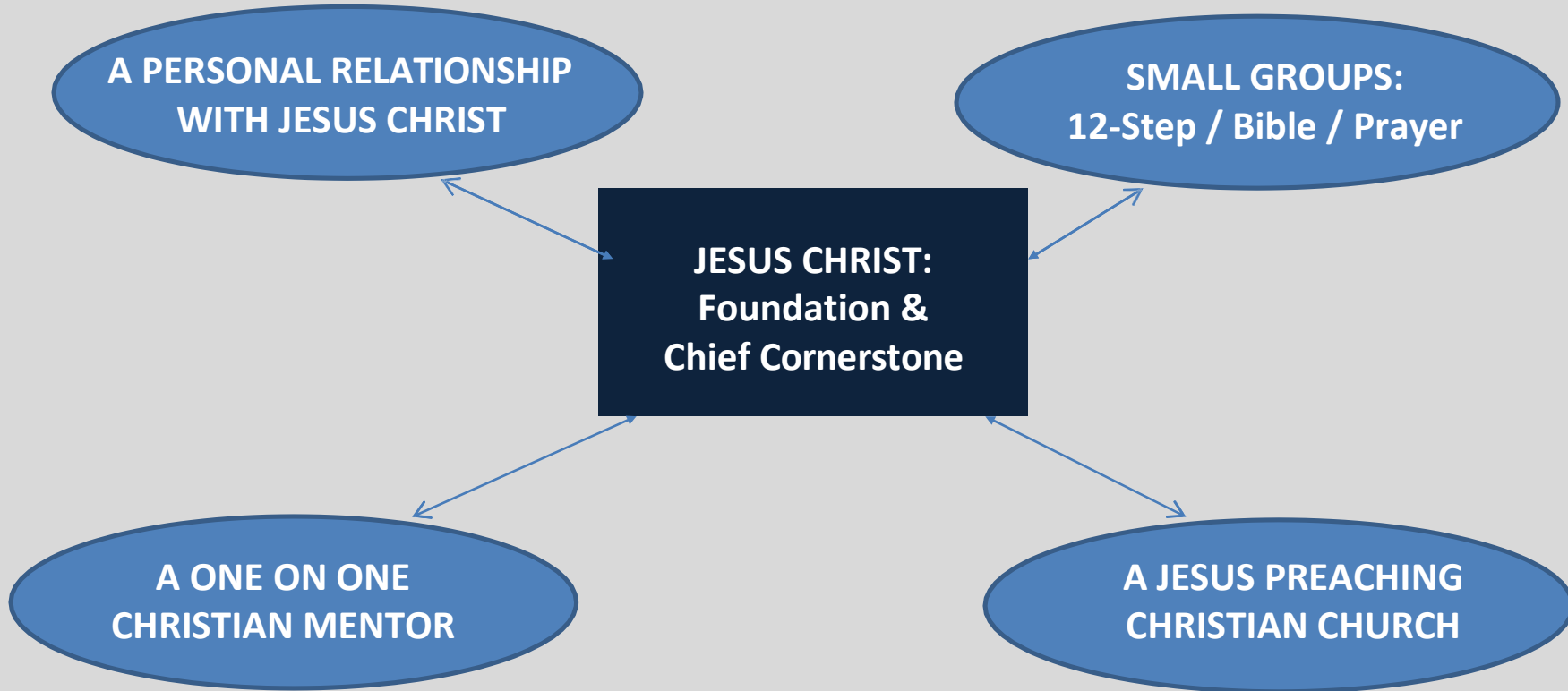
(optional): We would encourage each person who comes to these meetings to do four things. Those who have these four things in place usually change, grow, and heal.

- 1) Have a personal relationship with Jesus Christ through faith with: prayer, Bible reading, & the filling of the Holy Spirit.
- 2) Find a mature Christian to mentor/disciple you. (man-man / woman-woman)
[provides sharing, growth, prayer, & accountability – helps get your 5th step in place]
- 3) Find support thru small groups: Bible Study, 12-Step, & Spirit-led prayer groups.
- 4) Find a Jesus-preaching Christian church supporting your growth in Christ & your spiritual gifts.

In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, and sharing.

[90 MINUTES FOR TOTAL MEETING TIME]

FOUNDATIONAL RECOMMENDATIONS



Having these foundations in place **SIGNIFICANTLY** increases your likelihood of being set free from your past & personal growth in Christ Jesus!!

PART ONE: (25 minutes)

L: We will now start the part 1 of this meeting by having people share about their week. This is an opportunity to share about your struggles, victories, what's happening, and how your week went in general. _____ would you like to start.

PART TWO: (25 minutes)

L: Now we will spend some time on the 12-Steps and Scripture. Could I get _____ to read the Steps and _____ to read the adjacent scripture. Then we will have a time to share on something God is showing you regarding the 12-Steps & Scripture. We encourage everyone here to thoroughly go through the 12-Steps step by step. Then make them the foundation for your walk with Jesus. Those who daily practice the Steps heal, grow, and help others.

AFTER THE STEPS/BIBLE VERSES ARE READ:

L: (First name), would you like to share about something God is showing you in the Steps/Scripture we just read. It may be a phrase or even a whole step/scripture. As well, you can share how the Steps helped you during the week or how you now see a situation where you could have used the Steps. Remember, we are not here to preach but to share our experience, strength, & hope. I would remind everyone that you are allowed to pass if you wish.

THE TWELVE STEPS with SCRIPTURES

1. We admitted we were powerless over our addictions, dysfunctions, and compulsive behaviors. That our lives had become unmanageable.

I know that nothing good lives in me, that is, in my sinful nature.

For I have the desire to do what is good, but I cannot carry it out. (Romans 7:18)

2. Came to believe that a power greater than ourselves could restore us to sanity.

For it is God who works in you to will and to act according to his good purpose.

(Philippians.2:13)

3. Made a decision to turn our will and our lives over to the care of God.

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. (Rom.12:1)

4. Made a searching and fearless moral inventory of ourselves.

Let us examine our ways and test them, and let us return to the LORD.

(Lamentations 3:40)

5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

Therefore confess your sins to each other and pray for each other so that you may be healed. (James 5:16)

6. Were entirely ready to have God remove all these defects of character.

Humble yourselves before the Lord, and he will lift you up. (James 4:10)

7. Humbly asked Him to remove all our shortcomings.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)

8. Made a list of all persons we had harmed and became willing to make amends to them all.

Do to others as you would have them do to you. (Luke 6:31)

9. Made direct amends to such people whenever possible, except when to do so would injure them or others.

Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. (Matthew 5:23-24)

10. Continued to take personal inventory and when we were wrong, promptly admitted it.

So, if you think you are standing firm, be careful that you don't fall! (1 Cor.10:12)

11. Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

Let the Word of Christ dwell in you richly. (Colossians 3:16a)

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and practice these principles in all our affairs.

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. (Galatians 6:1)

PART THREE: (25 minutes) (Leader: choose one of these topics at your discernment):

- 1) something in this book: the Serenity Prayer (p.7), Foundations (p.9), 12-Step prayers [study verses another time] (p.15-23), Defects of Character (p.20), Prayer (p.35), Devotionals (p.36-85), **Healing Prayers (p.86-118)**, Codependency (p.119-120), 53 Blessings (p.121), Prayer Journaling (p.135). There are lots of options here. You can give homework too!!
- 2) something God is showing you in your life: (bible verse &/or a life experience)

L: For our final time of sharing we are going to share on (_____).

(First name), would you like to start this time of sharing. Remember, we are not here to preach but to share how this topic has spoken to us personally sharing our experience, strength, & hope.



CLOSING THE MEETING:

L: Thank you for coming. Let me remind you that what has been said here – stays here. In this way we can continue to create a safe environment for our recovery and growth. One of our goals is to move from being carnal Christians to being spiritual Christians. From being fed on “milk” to being fed “meat”. From being “childish” to becoming “childlike”. Remember, to pray for people God has led you to pray for. Also, work towards having a deeper relationship with Jesus, finding a Christian mentor, a small group, and a “Jesus-preaching” Christian church.

L: OPTIONAL WORSHIP: We will now worship our Lord by singing (choose a worship song):

L: PRAYER: Now, let’s bow our heads and pray for someone or something in general as God prompts you. Let’s see how the Holy Spirit leads us. _____ would you like to begin and _____ would you like to close the meeting.

L: CARRY THE MESSAGE:

Please pray for someone you believe would benefit from this meeting.

I am also available to pray for people after this meeting.

We will see you next time. Remember, Jesus loves you!!

TWELVE STEPS PRAYERS & BIBLE VERSES



TWELVE STEP PRAYERS

The 12-Steps were originally given by a Christian pastor from the Oxford Group to two struggling Christians so they would understand true Christianity. The pastor knew the power of Christ and the need for everyone to have Christ in their life. We don't just study these steps but make them our foundation for our Christian walk. If every Christian were to daily incorporate the 12-Steps into their lives, we would have mass revival.

Steps 1 to 3: Coming to God (repeat mornings & as needed)

Steps 4 to 9: Cleaning up & learning from our past

Steps 10 to 12: Walking daily with Jesus

1. We admitted we were powerless over our addictions, dysfunctions, and compulsive behaviors – that our lives had become unmanageable. (Genesis 6:5)

[Psalm 6:2-4; 6:6-7; 18:6; 18:27; 69:33; 72:12-13; 102:1; Matthew 9:36; Romans 3:10,23; 6:23; James 2:10]

STEP 1 PRAYER (from the heart!!): God, I come to You in deep need. Here I am. I now admit that I have tried to run my own life and my addictions and dysfunctions and compulsive behaviors have taken control of me. I am powerless. I no longer can manage my own life. I am powerless and my life is unmanageable. Please help me God!!

2. Came to believe that God, a Power greater than ourselves, could restore us to sanity. (Mark 9:23-24)

[Exodus 14:14; Psalm 18:1-3; Matt. 9:12-13; John 3:3-6; 14-18; 10:37-39; 2 Cor.5:21]

STEP 2 PRAYER (from the heart!!): God, I have admitted that I am powerless and my life is unmanageable without You. Thank You that I can come to You. Your Word says You love me and You showed Your love by sending Jesus to shed His blood for me on the cross and offering me forgiveness for my sins. I believe and receive Your forgiveness. Thank You Jesus that Your death on the cross brought death to my old man. I believe that my old sinful man is dead. Thank You Jesus for rising from the dead to give me new life in Christ – I'm a new creation. I believe. I confess that I have run my own life and that I have not fully allowed You to take control of my life. Lord Jesus, forgive me. I know that I am now forgiven because I trust in Your Word that says, "If we confess our sins He is faithful and just and will forgive our sins and cleanse us from all unrighteousness." Lord, the only sane and stable person in the world is You. Jesus will You now come into my heart and be my Savior, my Lord, my Sanity, and my Life!! Lord Jesus will You now also come into my mind, my will, my emotions, and every part of my body. Remove anything that is not of You and fill my spirit, soul, and body with You. I believe You are filling all of me right now and I thank You. Now, Jesus teach me to walk with You in Your Spirit and allow You to fill me constantly. Jesus, be my All and in All! Thank You Jesus!! I am now sane, stable, complete, loved, anointed, and filled with You. In Jesus' Name I pray. Amen.

[Psalm 91:1-4; Matt.11:28-30; John 5:24; Romans 5:17; 8:1; 10:9-13; 1 Peter 1:3-5]

A word cloud featuring various titles and attributes of Jesus. The most prominent words are 'Jesus', 'Saviour', 'God', 'Father', 'Son', and 'Life'. Other significant words include 'Creator', 'Friend', 'Redeemer', 'Disciples', 'Loving', 'Beautiful', 'Death', 'Come', 'Healing', 'Way', 'Guiding', 'Rest', 'Died', 'Relationship', 'Reconciliation', 'Everything', 'Creative', 'Pack', 'Leader', 'Comfort', 'One', 'Truth', 'Lord', 'Second', 'Chances', 'Man', 'Great', 'Hands', 'Word', 'Light', 'Head', 'Give', 'Comforting', 'Holy', 'Strong', 'Might', 'Love', 'Bringing', 'Towns', 'Loving', 'Gift', 'Ghosts', 'Disciples', 'Loving', 'Gift', 'Ghosts'. The words are arranged in a circular pattern, with some words appearing in different colors like green, blue, and red.

4. Made a searching and fearless inventory of ourselves. (Proverbs 16:2-3)

[Psalm 66:18; 90:8; Prov.16:2-3; Luke 11:33-36; Rom.8:5-9; Gal.5:13-21; Eph.5:22-23]

STEP 4 PRAYER: Father God, I come to You through faith in the shed blood of Jesus on the cross and through faith in His resurrection. I now want to learn from my past and get healed of my past. Jesus, I wish to put my faith in the power of Your blood and continue my journey of having forgiveness and healing from my past. Come now Lord Jesus and fill me with Your Holy Spirit. Give me the power to search my heart and make a fearless inventory of myself. I trust You for this. Show me if it is to be a “list” or a “chronological” writing of my life. I trust Your power to help me. Your word says that I have the mind of Christ. I believe You will help me. In Jesus’ Name I pray.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. (James 5:16)

[Psa.32:3-5; 38:17-18; 40:11-13; 51:3-4; Luke 15:4-7; John 3:19-21; 1 Joh 1:8-10; 2:1-2]

STEP 5 PRAYER (from the heart!!): Father God, I come to You through faith in the shed blood of Jesus on the cross and through faith in His resurrection. I am ready to become totally honest before You, another human being, and myself. I believe this step will go a long ways in healing me and delivering me from my past. I know You have the right person for me and I know that You Lord never condemn me but love me and accept me unconditionally. Give me Your Power to go through this step and continue to allow You to set me free. In Jesus’ Name I pray. Amen.

6. Were entirely ready to have God remove all these defects of character.

(1 Peter 1:13-16) [Psa.4:4-5; 16:7-11; 32:9-11; 139:23-24; Matt.7:24-27; Acts 3:19; Rom.12:1-2; Gal. 5:16-17]

STEP 6 PRAYER (from the heart): Father God, I come to You through faith in the shed blood of Jesus on the cross and through faith in His resurrection. Lord, You gave me the power to do my 5th Step and You were amazing!! Now Lord, I have seen the many defects I have as a human being. I have seen who I am when I don't walk with You. Lord, I can see the defects of character I have (pride, selfishness, lust, self-righteousness, blame, hatred, anger, fear, etc.). Lord, I believe as I repent of these that You can remove some of them instantly and some of them throughout my life as I humble myself before You. I now come before You and ask You to help me to become entirely ready to have You remove all these defects of character. In Jesus' Name I pray.

DEFECTS OF CHARACTER or SHORTCOMINGS (underline the ones you struggle with)
Resentment, Anger, Rage, Hatred, Blame, Depression, Worry, Fear (Fear of man, Fear of authority figures, Phobias, Fear of intimacy, Fear of _____), People pleasing, Selfishness, Self-pity, Self-justification, Self-importance, Egotism, Self-condemnation, Guilt, Shame, Lying, Evasiveness, Dishonesty, Impatience, False pride, Phoniness, Denial, Jealousy, Envy, Codependency (slides 119-120), Passive Aggressive, Laziness, Procrastination, Insincerity, Negative thinking, Immoral thinking, Lust, Self-gratification, Perfectionism, Intolerance, Criticizing, Loose Talk, Gossip, Slander, Greed, Poor Boundaries (too loose/too rigid), Pride, Gluttony, Control, Playing God, Man-hater, Woman-hater, Womanizing, Addictions (sex, anger, rage, alcohol, drugs, food, tobacco, emotions, etc.).
Others: _____, _____, _____, etc.

7. Humbly asked Him to remove our shortcomings. (Psalm 34:4)

[Psa.10:17; 25:8-11; 32:1; 37:23-24; 51:10; Acts 3:19; Heb.12:5-11; 1 John 1:9; 5:14-15]

STEP 7 PRAYER (from the heart!!): Father God, I come to You through faith in the shed blood of Jesus on the cross and through faith in His resurrection. I now come before You and humbly ask You to remove all my defects of character. I start with my pride. Father God will You now come into my heart, remove my pride, and fill me with YOUR humility. Jesus You humbled Yourself even unto death – death on the cross. Come now and removed my pride and fill me with Your humility. In Jesus' Name I pray. Amen. (See Step 6 prayer slide - do each shortcoming separately).

8. Made a list of all persons we had harmed, and became willing to make amends to them all. (Rom.2:1)

[Psa.133; Prov.10:12; 14:1; Matt. 6:14-15; Luke 6:37-38; Rom. 12:17; 1 Cor.13]

STEP 8 PRAYER (from the heart!!): Father God, I come to You through faith in the shed blood of Jesus on the cross and through faith in His resurrection. I now come before You desiring to make things right with You and my fellow men and women. Lord, I have hurt people and I know that hurts You. Help me to make a list of everyone I have harmed. Now Lord will You help me to become willing – willing to make amends to them all. In Jesus' Name I pray. Amen.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others. (Matthew 5:23-24)

[Psa.51:14-17; 90:17; Prov.12:18-20; Matt.7:12; Luke 6:27-30; Phil.1:9-11; 1 Pet.1:22]

STEP 9 PRAYER (from the heart!!): Father God, I come to You through faith in the shed blood of Jesus on the cross and through faith in His resurrection. I am sensing You are leading me to go talk to_____. Now Lord, give me the power and the words to say. Lord, show me people who I should not go see if it will injure them or harm others. In Jesus' Name I pray. Amen.

10. Continued to take personal inventory and when we were wrong promptly admitted it. (Romans 12:3)

[Psa.24:3-5; 101:2-4; Matt.5:8; Luke 6:41-42; Rom.12:16; 16:19-20; Gal.4:9; Col.3:1-3]

STEP 10 PRAYER (from the heart!!): Father God, I come to You through faith in the shed blood of Jesus on the cross and through faith in His resurrection. Lord, I know if I don't keep my life clean before You that I can fall back into my old way of life. Father I have learned so much from Steps 5-7 and I wish to walk daily in Your power and Holy Spirit. Give me power to daily watch my life, actions, and words. Help me to take a daily personal inventory of myself and when I'm wrong to promptly admit it. In Jesus' Name I pray. Amen.

11. Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out. (Philippians 4:6-7)

[Psa.1:1-3; Prov.3:5-6; Matt.5:6; Luke 6:20-26; John 3:30; John 8:31-32; 2 Cor.5:14-15]

STEP 11 PRAYER (from the heart!!): Father God, I come to You through faith in the shed blood of Jesus on the cross and through faith in His resurrection. I wish to know You more and grow in You more. Teach me to pray daily and to meditate on Your Word so I can know You and Your will for my life. Lord as You reveal Your will for me please give me Your Power to carry it out. In Jesus' Name.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs. (Matt.5:16)

[Psa.96:1-2; Mark 5:18-20; Luke 12:35-40; John 4:34-36; 16:33; Rom.1:14-17; 2 Cor.5:18-20]

STEP 12 PRAYER (from the heart!!): Father God, I come to You through faith in the shed blood of Jesus on the cross and through faith in His resurrection. Father, You have been so gracious to me. Thank You for what You have done in my life. I am grateful and thankful!! Father, we have become united and I have learned so much. Father, will You send people into my life that I can share what I was like and what You've done in my life. People I can take to a Bible Study or a meeting. Help me to remain humble. Now Father, will You help me to practice the 12-Steps in my life. In Jesus' Name I pray.

STEPS 4 & 5

FORMAT



To become a Child of God, pray the following prayer (from the heart):

"Lord Jesus, I agree with Your Word and know I am a sinner and have displeased You in many ways. I believe You died for my sin, and only through faith in Your shed blood shed on the cross can I be forgiven.

I also know that only through faith in Your resurrection can I have eternal life in You. I repent and turn from my sin and ask You to come into my heart and life as my Savior and Lord. From this day on, I will follow You by living a life that pleases You through the Power of Your Holy Spirit. Jesus fill me with Your Holy Spirit in my spirit, mind, will, emotions, and body. Thank you, Lord Jesus, for saving me and filling me with Your Holy Spirit. You are so good!! In Jesus' Name I pray.

Jesus Loves you!!

Jesus now lives in your heart.

Talk to Jesus in your heart by faith!!

Jesus will never leave you or forsake you.

You can talk with Jesus thru Bible reading & prayer!!

God is with you!!

STEP FOUR & STEP FIVE Introduction

STEP FOUR: Made a searching and fearless inventory of ourselves.

a) Pray the following prayer before writing your Step 4:

Father God, I come to you in the name of Jesus Christ your Son. I thank you that I am your child and that you love me deeply and dearly. I come to you through the shed blood of Jesus Christ on the cross. Thank you Jesus for dying for me. Search me, O God, and know my heart; test my thoughts. Point out anything you find in me that makes you sad, and lead me along the path of everlasting life. (Psalm 139:23-24)

b) You can use the next few slides as a way to write down your 4th Step.

c) You can choose to write your past biography. Write the incidents that were negatively done to you as well as the negative things you did to God, others, and yourself. You can do this chronologically if you wish. God will lead you.

STEP FIVE: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

- a) Take your Step 4 to a trained &/or spiritually mature, and committed Christian who understands Step 5. They should not be a gossip. A male/male or female/female relationship is usually best. Ask them to pray over you after each issue as this completes the healing for each incident you share.**
- b) A few sessions may be needed.**

EMOTION WORDS (words to help get in touch with your feelings)

joyful, cheerful, content, proud, satisfied, excited, amused, enthusiastic, optimistic, elated, delighted, calm, relaxed, relieved, hopeful, pleased, confident, brave, comfortable, safe, happy, love, lust, aroused, sexy, tender, compassionate, caring, infatuated, concern, trust, liking, attraction, tenderness, sympathy, adoration, fondness, receptive, interested, exhilarated, shocked, dismayed, amazed, confused, stunned, interested, intrigued, absorbed, curious, anticipating, eager, hesitant, fearful, anxious, worried, scared, insecure, rejected, horrified, alarmed, shocked, panicked, afraid, nervous, disorientated, helpless, powerless, dreading, distrusting, lonely, suspicious, cautious, disturbed, overwhelmed, uncomfortable, guilty, hurt, melancholy, depressed, hopeless, sad, regretful, sorrow, uncertain, anguished, disappointed, self-conscious, shamed, embarrassed, humiliated, disgraced, uncomfortable, neglected, defeated, bored, disillusioned, inferior, confused, grief-stricken, helpless, isolated, numb, regretful, ambivalent, exhausted, insecure, disgusted, pity, revulsion, contempt, weary, bored, preoccupied, angry, jealous, envious, annoyed, humiliated, irritated, aggravated, restless, grumpy, awkward, hateful, scornful, bitter, insulted, hostile, exasperated, frustrated, rageful, outraged, bitter, spiteful, indifferent, vengeful, disliked, resentful, trusting, alienated. **As you get in touch with your feelings you'll find healing follows as you allow Jesus into your emotions.**

STEP FIVE FORMAT: (For Freedom in Christ)

1) A PRE-HEALING PRAYER TO BEGIN YOUR STEP 5 SESSION (pray out loud):

Dear Heavenly Father, I know that you want the truth from me, and I must be honest with You. I have been fooled by the father of lies, and I have fooled myself. I thought I could hide from You, but You see everything.

I pray in the name of the Lord Jesus Christ, that you Heavenly Father will rebuke all of Satan's demons by Your power. Because I have asked Jesus into my life I am Your child. Therefore, I command all evil spirits to leave me. I ask the Holy Spirit to lead me into all truth. I ask You to look right through me and know my heart. Show me if there is anything in me that I am trying to hide, because I want to be free. I thank You for Your kindness, and patience and love for me. I know that I have not been very loving and patient toward others, especially those who I don't like. I have been thinking bad thoughts about other people, and storing bad feelings. I ask You to bring to my mind those people that I need to forgive. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. I ask this in the wonderful name of Jesus who will heal me from my hurts. In Jesus' wonderful name I pray. Amen.

2) CONFESS SINS:

Read the sins below, write out your sins, pray the bottom prayer aloud:

Dear Heavenly Father, I agree with You that I have sinned against You. I ask You to help me to know all the things that I have done which are wrong.

**Stealing - Quarreling/fighting - Jealousy/envy – Sarcasm/gossip/slander
Apathy/laziness/procrastination - Hatred/anger - Cheating/gambling –
Complaining/criticism - Lustful actions/thoughts – Swearing/lying -
Drunkenness - Greed/materialism**

Others:_____

**Circle/add: Occult (shamanism, spiritism), Cults (JW, Mormonism), False religions,
Superstitions, _____, _____, _____ .**

I now confess that I have: (do one sin at a time)_____. I thank You for forgiving me of this sin and cleansing me. Now Jesus, come and fill me with Your Holy Spirit to give me power over this sin. I now command Satan to leave me, and I choose to live the right kind of life so that I can be free. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. In Jesus’ name. Amen.

3) FORGIVE OTHERS: Make a list of people you need to forgive. Be sure you know that forgiving people who have hurt you is God’s way of setting you free from them. Unless we forgive, they continue to hurt us and have power over us. Let’s get set free!! Write the names of those you need to forgive:

1. _____	2. _____	3. _____
4. _____	5. _____	6. _____
7. _____	8. _____	9. _____
10. _____	11. _____	12. _____

Now go through the list of names saying,
“Lord, I thank You that, with Your power & help, I can forgive as You have forgiven me. I forgive (name) for (say every painful thing you remember done to you).”

Here are some words to describe the painful emotions: “ashamed, unloved, terrible, embarrassed, silly, alone, dirty, ugly, helpless, used, hurt, scared, etc.”)

“Lord, I now give (name) to You so You can deal with him/her the way You want to. I don’t want (name) to have power over me anymore. I forgive (name) and give him/her to You. Thank You for setting me free. I am free. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. In Jesus’ Name I pray. Amen.”

•Stay with the first person until all the remembered pain has surfaced and been forgiven, then go on to the next person.

4) FORGIVE GOD:

You may also need to forgive God. When we expect God to act in a certain way and He doesn't we can get angry. Those feelings can become a wall between us and God, so we must let them go.

“Father God, I always thought You (tell what you thought about God). I'm sorry I was wrong. Please forgive me. I now know that You love me, accept me, and want good for me. You are a loving and caring Father. Thank You for forgiving me. I am so thankful for Your forgiveness and love. I love You. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. In Jesus' Name I pray. Amen.”

5) FORGIVE YOURSELF:

Forgiving yourself means accepting God's cleansing and forgiveness. He loves YOU!!

“Lord, I forgive myself for (specify every painful thing that you remember that you did to yourself or thought about yourself)”.

Lord, I accept Your cleansing and forgiveness. I thank You that You have made me clean and You have forgiven me. I am Your child and You love me deeply. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. In Jesus' Name I pray. Amen.

6) REBELLION: pray the following prayer aloud:

Dear Heavenly Father, You have said in the Bible that rebellion is the same thing as witchcraft, and disobedience is like honouring other gods. I know that I have disobeyed and rebelled in my heart against You and others that You have put in authority over me. I ask for Your forgiveness for my rebellion, and by the shed blood of the Lord Jesus Christ I resist all evil spirits who took advantage of my rebellion. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. In Jesus' Matchless Name I pray. Amen.

7) SELFISHNESS: pray the following prayer aloud:

Dear Heavenly Father, I confess that I have thought only of myself. Many times I don't think of others. I have believed that I am the only one who cares about me, so I have to take care of myself. I have turned away from You, and not let You love me. I am tired of living for myself and by myself. I renounce the self life, and ask that You fill me with Your Spirit so that I can do Your will. By giving my heart to You, I stand against all the ways that Satan would attack me. I ask You to show me how to live for others. I now choose to make others more important than myself, and You the most important of all. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. I ask this in the name of Jesus Christ. Amen.

EXTENDING (GIVING) FORGIVENESS:

Father, I come to You through the Blood of Jesus. Thank You for Your love and forgiveness in my life. Lord, when (tell what happened and how you felt). Lord, you ask me to forgive (the person's name). So Lord as an act of obedience I forgive (the person's name). Lord, what they did was wrong – it was sin. But I choose to forgive the sinner. I want them to be set free so I give them to You. I release them and lay them at the foot of the Cross of Jesus Christ. Now, come and remove the pain from my life. Remove the feelings of (bitterness, anger, resentment, etc.). Forgive me for what I have held in my heart for all these years. Thank You for Your forgiveness.

Now Lord, I ask you to bless (the person's name). To work in their life and guide them. Thank You for this time of healing today. Lord, I love You and ask You for Your power to continue to forgive. I know forgiveness is a choice and not a feeling. I also know that forgiveness sets ME free. I love you Jesus. In Jesus' name I pray. Amen

REQUESTING (ASKING) FORGIVENESS:

Father, I come to You through the Blood of Jesus. Thank You for Your love and forgiveness in my life. Lord, when (tell what you did and how you felt then and now). Lord, I ask You to forgive me for my (selfishness, deceit, dishonesty, etc.). I ask You to now come and work in that person's life in a mighty way. Open up the doors for Your love, healing, and forgiveness in their life. I am truly sorry. Lord, when the time is right and appropriate, give me the wisdom and power to make this right with this person. I thank You Lord for Your forgiveness and Your shed blood at the Cross of Calvary. You are an amazing God. Now, come and fill me with Your Holy Spirit so I can serve You in Your Power and Grace. In Jesus' name I pray. Amen.

AFTERCARE

- a) For aftercare, when finished Step 5, daily read Romans Chapters 5-8 (or John Chapters 14-17; a few Psalms; Song of Songs; Ephesians) for thirty days straight.**
- b) You should also meditate on verses that speak of God's love to you (see slide 37).**
- c) Continue to "FORGIVE". Forgiveness is a "choice". FACT-FAITH-FEELINGS.**
The Bible is FACT which we put our FAITH in. The FEELINGS come.
- d) Eat properly, rest, and exercise. Also, reach out to someone in love.**
- e) Continue your Steps. Continue to reinforce Steps 1-3 & move on to Steps 6-9.**

How To Live Right (with God's Spirit guiding you)

- 1. Be more concerned about what God thinks than what others think.
- 2. Love God with all your heart, mind, & soul. Love your neighbor as yourself.
- 3. Think of others more highly than yourself.
- 4. Read your Bible and pray each day. Trust God in all that you do.
- 5. Take care of your health, eat right, exercise regularly, get enough sleep.
- 6. Speak kindly about everyone, if possible.
- 7. Be a servant to all people.
- 8. Enjoy your friendships. Be friendly to everyone you meet.
- 9. Share the Gospel to anyone who wants to know.
- 10. Live your life for God, not yourself.
- 11. Be kind to others as often as possible. Be kinder to those who irritate you.
- 12. Forgive those who have done wrong to you.

DAILY PRAYER (throughout the day): 1) The Blood, 2) the Cross, 3) the Burial, 4) the Resurrection, 5) the Ascension, 6) the Exaltation, 7) the Holy Spirit's filling
Father God, I come to You through faith in the shed blood of Jesus Christ Your Son on the cross of Calvary. I confess my sin(s) of (eg. walking in my sinful nature). Thank You that Your blood Jesus gives me forgiveness for my sins, cleansing, healing, peace, power, etc. Come into my heart now and be my Savior and Lord. Thank You Father that I am Your child. I am forgiven, loved & accepted by God, and that You Jesus will NEVER leave me nor forsake me.

Jesus thank You for dying on the cross for me. Jesus You showed Your love for me by dying on the cross. Your death brought death to my old sinful man. I am crucified with You Jesus and my body of sin is now rendered powerless. I am dead and free from sin.

Jesus thank You that I was buried in You and that my old man is in the grave. Help me to leave my old sinful man there. I give You my life and die to self daily.

Jesus thank You that I arose in You and I have Resurrection Life. I am a new creation and have new life in You Jesus – Resurrection Life!! The old has past the new has come.

Jesus, thank You that I was ascended in You and I am above things of this earth.

Jesus, thank You that I am now seated in the heavenly realms in You, Christ Jesus. I am in this world but I am NOT of this world any longer.

Jesus, thank You for pouring out Your Holy Spirit on the church. Jesus I am a member of Your Spiritual Church through faith in Your death and resurrection. Holy Spirit, come fall upon me now. Come fill me Holy Spirit in my spirit, my soul (mind – will – emotions), and throughout every cell in my body so I can serve You. Fill me Holy Spirit – I want more of You. Thank You Holy Spirit that I am sealed by You for the day of redemption. I am an anointed, blood bought, Spirit-filled, child of God. I am loved & accepted by God Almighty!!

DEVOTIONALS



THE FATHER LOVES YOU!! JESUS LOVES YOU!! THE HOLY SPIRIT LOVES YOU!!

- 1. And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them. (1 John 4:16)**
- 2. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. (1 John 4:9)**
- 3. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. (1 John 4:10)**
- 4. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. (Romans 5:8)**
- 5. We love because he first loved us. (1 John 4:19)**
- 6. See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! (1 John 3:1a)**
- 7. Jesus: I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me. (John 17:23)**
- 8. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. (Romans 5:5)**
- 9. However, as it is written: "What no eye has seen, what no ear has heard, and what no human mind has conceived"—the things God has prepared for those who love him— (1 Cor.2:9)**

ACTION

Your ears shall hear a word behind you, saying, “*This is the way, walk in it,*”
Whenever you turn to the right hand Or whenever you turn to the left. (Isaiah 30:21)

For the kingdom of God *is* not in word but in power. (1 Cor.4:20)

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. But if you are led by the Spirit, you are not under the law. (Gal.5:16-18)

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace. (Eph.4:1-3) (study: Ephesians 5:1-2; Ephesians 5:15-18)

ANGER/RESENTMENT

So the LORD said to Cain, “Why are you angry? And why has your countenance fallen? If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire *is* for you, but you should rule over it.” (Genesis4:6-7)

Blessed *are* the peacemakers, For they shall be called sons of God (Matthew 5:9)

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.

(James 1:19-20) (study: Psa.37:8-11; Proverbs19:11; 22:24; Matt. 5:11-12)

ASSURANCE OF SALVATION: We can know we are saved!!

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast. (Eph.2:8-9)

And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life. (1 John 5:11-13)

We know also that the Son of God has come and has given us understanding, so that we may know him who is true. And we are in him who is true by being in his Son Jesus Christ. He is the true God and eternal life. (1 John 5:20)

(study: Colossians 3:3; Romans 8:16; Galatians 4:6; John 5:24; John 20:31)

BITTERNESS

Then the whole congregation of the children of Israel complained against Moses and Aaron in the wilderness. And the children of Israel said to them, “Oh, that we had died by the hand of the LORD in the land of Egypt, when we sat by the pots of meat *and* when we ate bread to the full! For you have brought us out into this wilderness to kill this whole assembly with hunger.” (Ex.16:2-3)

Hatred stirs up strife, But love covers all sins. (Pro.10:12)

Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tender-hearted, forgiving one another, even as God in Christ forgave you. (Eph.4:31-32) (see: Heb.12:14-15; James 5:9; 1 John 2:9-11)

BLAME

Then the man said, “The woman whom You gave *to be* with me, she gave me of the tree, and I ate.” And the LORD God said to the woman, “What *is* this you have done?” The woman said, “The serpent deceived me, and I ate.” (Gen.3:12-13)

For since the creation of the world His invisible *attributes* are clearly seen, being understood by the things that are made, *even* His eternal power and Godhead, so that they are without excuse, (Romans 1:20) (Ex.32:21-24; 1 Samuel 15:16-23)

COURAGE:

Wait for the LORD; be strong and take heart and wait for the LORD. (Psalm 27:14) The righteous person may have many troubles, but the LORD delivers him from them all; (Psalm 34:19)

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, (Psalm 46:1-2)

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.” (Psalm 91:1-2) (Psalm 91:14-16; Psalm 118:5-7; John 16:33; Eph.6:10)

DEPENDENCE UPON GOD

The eternal God is your refuge, and underneath are the everlasting arms. He will drive out your enemies before you, saying, ‘Destroy them!’ (Deut.33:27)

We do not know what to do, but our eyes are on you.” (2 Chronicles 20:12)

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. (Proverbs 3:5-6)

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing”. (John 15:5) (Psa.127:1; Joh 1:12-13)

DISCOURAGEMENT (part 1)

Hear my cry, O God; Attend to my prayer. From the end of the earth I will cry to You, When my heart is overwhelmed; Lead me to the rock that is higher than I. For You have been a shelter for me, A strong tower from the enemy. I will abide in Your tabernacle forever; I will trust in the shelter of Your wings. For You, O God, have heard my vows; You have given *me* the heritage of those who fear Your name. (Psa.61:1-5)

My flesh and my heart fail; *But God is* the strength of my heart and my portion forever. (Psalms 73:26) (Psalm 42:4-8)

DISCOURAGEMENT (part 2)

Therefore we do not lose heart. Even though our outward man is perishing, yet the inward *man* is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding *and* eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen *are* temporary, but the things which are not seen *are* eternal.

(2 Cor.4:16-18)

For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. You have not yet resisted to bloodshed, striving against sin. (Heb.12:3-4) (Heb.12:12-15; Rev.21:3-4; 2 Thess. 3:5)

“EASY DOES IT”

In the multitude of my anxieties within me, Your comforts delight my soul.

(Psa.94:19)

The end of a thing *is* better than its beginning; The patient in spirit *is* better than the proud in spirit. Do not hasten in your spirit to be angry, For anger rests in the bosom of fools. (Ecc.7:8-9)

rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; (Rom.12:12)
that the older men be sober, reverent, temperate, sound in faith, in love, in patience;
(Titus 2:2) (Hebrews 10:36; James 1:2-4; James 1:5-7)

FAITH (part 1)

And behold, there arose a great tempest on the sea, insomuch that the boat was covered with the waves; but He was asleep. And His disciples came to Him and awoke Him, saying, “Lord, save us! We perish!” And He said unto them, “Why are ye fearful, O ye of little faith?” Then He arose and rebuked the winds and the sea, and there was a great calm. But the men marveled, saying, “What manner of man is this, that even the winds and the sea obey Him?” (Matt 8:23-27) (Matt.6:30; Mark 11:24-25; Rom.4:18-21)

FAITH (part 2)

Therefore, being justified by faith, we have peace with God through our Lord Jesus Christ, by whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God. (Romans 5:1-2)

If any of you lack wisdom, let him ask of God, who giveth to all men liberally and upbraideth not, and it shall be given him. But let him ask in faith, never wavering; for he that wavereth is like a wave of the sea, driven and tossed by the wind.

For let not that man think that he shall receive anything of the Lord.

A doubleminded man is unstable in all his ways. (James 1:5-8) (Ephesians 6:13-17)

FEAR (part 1)

Even though I walk through the darkest valley, I will fear no evil, for you are with me me; your rod and your staff, they comfort me. (Psa.23:4)

I sought the LORD, and he answered me; he delivered me from all my fears. (Psa 34:4)

Blessed are those who have regard for the weak; the LORD delivers them in times of trouble. The LORD protects and preserves them— they are counted among the blessed in the land—he does not give them over to the desire of their foes.

Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.

(Proverbs 29:25) (Psalms 41:1-3; Pro.28:1; Isaiah 43:1-2)

FEAR (part 2)

Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Then I will teach transgressors your ways, so that sinners will turn back to you. (Psalms 51:12-13)

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. (1 John 4:18)

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. (Rom.8:38-39) (Matt.5:39; Rom.12:21)

FREEDOM (part 1)

Then they cried to the LORD in their trouble, and he saved them from their distress. He brought them out of darkness, the utter darkness, and broke away their chains. Let them give thanks to the LORD for his unfailing love and his wonderful deeds for mankind, for he breaks down gates of bronze and cuts through bars of iron. (Psa.107:13-16)

Then you will know the truth, and the truth will set you free.” (John 8:32)

For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin— because anyone who has died has been set free from sin. (Rom.6:6-7, 22; Psa.116:16)

FREEDOM (part 2)

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. (Romans 8:1-2)

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. (Gal.5:1)

Live as free people, but do not use your freedom as a cover-up for evil; live as God’s slaves. (1 Peter 2:16) (Gal.5:13-14; 1 Peter 1:2)

FORGIVENESS (part 1)

His brothers then came and threw themselves down before him. “We are your slaves,” they said. But Joseph said to them, “Don’t be afraid. Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. So then, don’t be afraid. I will provide for you and your children.” And he reassured them and spoke kindly to them. (Gen.50:18-21)

Blessed is the one whose transgressions are forgiven, whose sins are covered. Blessed is the one whose sin the LORD does not count against them and in whose spirit is no deceit. When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the LORD.” And you forgave the guilt of my sin. (Psa.32:1-5) (Psalms 65:3)

FORGIVENESS (part 2)

Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. (Col.3:12-13) (Psalms 103:1-2; Mark 11:24-25; Luke 17:1-4)

FRIENDSHIP WITH GOD

My intercessor is my friend as my eyes pour out tears to God; on behalf of a man he pleads with God as one pleads for a friend. “Only a few years will pass before I take the path of no return. (Job 16:20-22)

The LORD confides in those who fear him; he makes his covenant known to them.
(Psa.25:14)

Greater love has no one than this: to lay down one’s life for one’s friends. You are my friends if you do what I command. (John 15:13-14)

(Exodus 33:1; Proverbs 18:24; Hebrews 13:5-6)

GUILT (part 1)

And they heard the sound of the LORD God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden. Then the LORD God called to Adam and said to him, “Where *are* you?” So he said, “I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself.” (Gen.3:8-10)

Do not cast me away from Your presence, And do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, And uphold me *by Your* generous Spirit. *Then* I will teach transgressors Your ways, And sinners shall be converted to You. Deliver me from the guilt of bloodshed, O God, The God of my salvation, *And* my tongue shall sing aloud of Your righteousness. O Lord, open my lips, And my mouth shall show forth Your praise. (Psa.51:11-15) (Isa.53:6; Romans 3:23-24; Romans 5:8-9)

GUILT (part 2)

Moreover the law entered that the offense might abound. But where sin abounded, grace abounded much more, so that as sin reigned in death, even so grace might reign through righteousness to eternal life through Jesus Christ our Lord.

(Romans 5:20-21)

For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do. If, then, I do what I will not to do, I agree with the law that *it is* good. But now, *it is* no longer I who do it, but sin that dwells in me.

(Romans 7:15-17) (Gal.3:21-22; James 2:10)

GRATITUDE (part 1)

Sing praises to the LORD, who dwells in Zion! Declare His deeds among the people. When He avenges blood, He remembers them; He does not forget the cry of the humble. (Psa.9:11-12)

Praise the LORD! Oh, give thanks to the LORD, for *He is* good! For His mercy *endures* forever. Who can utter the mighty acts of the LORD? Who can declare all His praise? (Psalms 106:1-2)

Oh, give thanks to the LORD, for *He is* good! For His mercy *endures* forever. Let the redeemed of the LORD say so, Whom He has redeemed from the hand of the enemy, (Psalms 107:1-2) (Luke 17:15-19)

GRATITUDE (part 2)

giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light. He has delivered us from the power of darkness and conveyed *us* into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins. (Col.1:12-14)

But you *are* a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; who once *were* not a people but *are* now the people of God, who had not obtained mercy but now have obtained mercy. (1 Pet.2:9-10)

And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. (Colossians 3:15) (Luke 15:22-24)

HEALING: (part 1):

Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons.

Freely you have received, freely give. (Matthew 10:7-9)

Be merciful to me, O Lord, for I am faint; O Lord, heal me for my bones are in agony (Psalm 6:2)

..... and a time to heal. (Ecclesiastes 3:3)

Heal me, O Lord, and I will be healed; save me and I will be saved, for you are the one I praise (Jeremiah 17:4)

Gracious words are a honeycomb, sweet to the soul and healing to the bones. (Prov. 16:24)

HEALING (part 2)

But for you who revere my name, the sun of righteousness will rise with healing in its rays. And you will go out and frolic like well-fed calves. Then you will trample on the wicked; they will be ashes under the soles of your feet on the day when I act,” says the LORD Almighty. (Malachi 4:2-3)

He sent out his word and healed them; he rescued them from the grave.(Ps.107:20)

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. (James 5:16)

but the crowds learned about it and followed him. He welcomed them and spoke to them about the kingdom of God, and healed those who needed healing. (Luke 9:11)

and the people all tried to touch him, because power was coming from him and healing them all. (Luke 6:19)

HONESTY: (part 1)

“Do not steal. Do not lie. Do not deceive one another. Do not swear falsely by my name and so profane the name of your God. I am the LORD. “Do not defraud or rob your neighbor. Do not hold back the wages of a hired worker overnight. (Lev.19:11-13)

“Do not use dishonest standards when measuring length, weight or quantity. Use honest scales and honest weights, an honest ephah (dry measure) and an honest hin (liquid measure). I am the LORD your God, who brought you out of Egypt.

(Lev. 19:35-36) (Psalm 51:6; Proverbs 16:8; Romans 12:17)

HONESTY: (part 2)

For, “Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech. They must turn from evil and do good; they must seek peace and pursue it. For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil.”

(1 Peter 3:10-12)

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us. (1 John 1:8-10) (Romans 13:12-14)

HOPE (part 1)

Hope deferred makes the heart sick, but a longing fulfilled is a tree of life. (Pro.13:12)

I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the LORD’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, “The LORD is my portion; therefore I will wait for him.” The LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD. (Lamentations 3:20-26)

(Jeremiah 31:13-14; Psalm 9:18; Psalms 31:23-24; Psalms 146:5; Hosea 2:15)

HOPE (part 2)

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)

Paul, an apostle of Christ Jesus by the command of God our Savior and of Christ Jesus our hope, (1 Timothy 1:1)

while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, (Titus 2:13)

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, (1 Peter 1:3) (Romans 5:3-5; 2 Thessalonians 2:16-17)

HUMILITY

Now Moses was a very humble man, more humble than anyone else on the face of the earth. (Numbers 12:3)

But the meek will inherit the land and enjoy peace and prosperity. (Psalm 37:11)

Humility is the fear of the LORD; its wages are riches and honor and life. (Pro.22:4)

He has shown you, O mortal, what is good. And what does the LORD require of you?

To act justly and to love mercy and to walk humbly with your God. (Micah 6:8)

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. (Matthew 11:29)

For those who exalt themselves will be humbled, and those who humble themselves will be exalted. (Matthew 23:12) (Psalm 69:32-33; Mark 9:35; Romans 12:3)

JOY: (part 1)

Praise be to the LORD, for he has heard my cry for mercy. The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. (Psa.28:6-7)

I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. You have not given me into the hands of the enemy but have set my feet in a spacious place. (Psalms 31:7-8)

**Blessed is the one whose transgressions are forgiven, whose sins are covered.
(Psa.32:1) (Psalms 33:20-22)**

JOY: (part 2)

I will extol the LORD at all times; his praise will always be on my lips. I will glory in the LORD; let the afflicted hear and rejoice. Glorify the LORD with me; let us exalt his name together. (Psalms 34:1-3)

These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. (Psalms 42:4)

Shout for joy to the LORD, all the earth. (Psalms 100:1)

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:16-18)

The LORD your God is with you, he is mighty to save. He will take great delight in you; he will quiet you with his love, he will rejoice over you with singing. (Zeph.3:17)

“LET GO & LET GOD”

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. (Psalms 42:11)

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, (Psalms 46:1-2)

“But blessed is the one who trusts in the LORD, whose confidence is in him.

They will be like a tree planted by the water that sends out its roots by the stream.

It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.” (Jeremiah 17:7-8)

the God who gives life to the dead and calls things that are not as though they were. (Romans 4:17) (Psalm 33:21-22; Psalm 39:4-5)

LONELINESS:

God setteth the solitary in families: he bringeth out those which are bound with chains: but the rebellious dwell in a dry *land*. (Psalms 68:6)

He upholds the cause of the oppressed and gives food to the hungry. The LORD sets prisoners free, the LORD gives sight to the blind, the LORD lifts up those who are bowed down, the LORD loves the righteous. The LORD watches over the foreigner and sustains the fatherless and the widow, but he frustrates the ways of the wicked.

The LORD reigns forever, your God, O Zion, for all generations. Praise the LORD.

(Psalms 146:7-10) (1 Pet.3:8; Ecc.4:9-10; Matthew 28:18-20; 1 John 1:7)

LOVE (part 1)

And now, Israel, what does the LORD your God ask of you but to fear the LORD your God, to walk in obedience to him, to love him, to serve the LORD your God with all your heart and with all your soul, (Deut.10:12)

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. (John 3:16)

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.” (John 13:34-35) (John 15:9-14)

LOVE (part 2)

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” No, in all these things we are more than conquerors through him who loved us.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. (Romans 8:35-39)

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. (Gal.2:20) (Colossians 3:12-15)

MARRIAGE RELATIONSHIPS

Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?

(2 Corinthians 6:14)

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. (1 Corinthians 6:18)

Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. (Hebrews 13:4) (Eph.5:21-28)

NEWNESS OF LIFE (part 1)

I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh. Then they will follow my decrees and be careful to keep my laws. They will be my people, and I will be their God. (Ezekiel 11:19-20)

“The son said to him, ‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.’ “But the father said to his servants, ‘Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. Bring the fattened calf and kill it. Let’s have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found.’ So they began to celebrate.

(Luke 15:21-24) (2 Corinthians 5:17)

NEWNESS OF LIFE (part 2)

But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast. For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. (Eph.2:4-10) (Phil.4:8-9; Col.3:12-14)

OBEDIENCE (part 1)

Now devote your heart and soul to seeking the LORD your God. Begin to build the sanctuary of the LORD God, so that you may bring the ark of the covenant of the LORD and the sacred articles belonging to God into the temple that will be built for the Name of the LORD.” (1 Chro.22:19)

“As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. (John 15:9-10) (1 Samuel 12:14-17; 1 Samuel 15:22-23)

OBEDIENCE (part 2)

Speak and act as those who are going to be judged by the law that gives freedom, because judgment without mercy will be shown to anyone who has not been merciful. Mercy triumphs over judgment. (James 2:12-13)

In the same way, faith by itself, if it is not accompanied by action, is dead. But someone will say, “You have faith; I have deeds.” Show me your faith without deeds, and I will show you my faith by my deeds. You believe that there is one God. Good! Even the demons believe that—and shudder. You foolish person, do you want evidence that faith without deeds is useless? (James 2:17-20)

“ONE DAY AT A TIME”

Do not boast about tomorrow, for you do not know what a day may bring. (Pro.27:1)
But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. (Matt.6:33-34)

Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest? (Luke 12:25-26)

“When you are brought before synagogues, rulers and authorities, do not worry about (Luke 12:11-12) (Philippians 3:13-14; Philippians 4:6-7)

OUR IDENTITY (Who We Are) IN CHRIST (part 1)

ACCEPTED: I renounce the lie that I am rejected, unloved, dirty or shameful because
IN CHRIST I am completely accepted. God says.....

John 1:12	I am God's child.
John 15:5	I am Christ's friend.
Romans 5:1	I have been justified.
1 Cor. 6:17	I am united with the Lord & am one spirit with Him
1 Cor. 6:19-20	I have been bought with a price. I belong to God.
1 Cor.12:27	I am a member of Christ's Body.
Eph.1:1	I am a saint, a holy one.
Eph.1:5	I have been adopted as God's child.
Eph.2:18	I have direct access to God through the Holy Spirit.
Col.1:14	I have been redeemed and forgiven of all my sins.
Col.2:10	I am complete in Christ.

OUR IDENTITY (Who We Are) IN CHRIST (part 2)

SECURE: I renounce the lie that I am guilty, unprotected, alone or abandoned because IN CHRIST I am totally secure. God says.....

Romans 8:1-2	I am free forever from condemnation.
Romans 8:28	I am assured that all things work together for good.
Romans 8:31-34	I am free from any condemning charges against me.
Romans 8:35-39	I cannot be separated from the love of God.
2 Cor. 1:21-22	I have been established, anointed, and sealed by God.
Phil. 1:6	I am confident that the good work God has begun in me will be perfected.
Phil. 3:20	I am a citizen of heaven.
Col. 3:3	I am hidden with Christ in God.
2 Tim. 1:7	I have not been given a spirit of fear, but of power, love and a sound mind.
Hebrews 4:16	I can find grace and mercy to help in time of need.
1 John 5:18	I am born of God and the evil one cannot touch me.

OUR IDENTITY (Who We Are) IN CHRIST (part 3)

SIGNIFICANT: I renounce the lie that I am worthless, inadequate, helpless or hopeless because IN CHRIST I am deeply significant. God says.....

Matthew 5:13-14	I am the salt of the earth and the light of the world.
John 15:1,5	I am a branch of the true vine, Jesus, a channel of His life.
John 15:16	I have been chosen and appointed by God to bear fruit.
Acts 1:8	I am a personal, Spirit-empowered witness of Christ.
1 Cor.3:16	I am a temple of God.
2 Cor.5:17-21	I am a minister of reconciliation for God.
2 Cor.6:1	I am God's co-worker.
Eph.2:6	I am seated with Christ in the heavenly realms.
Eph.2:10	I am God's workmanship, created for good works.
Eph.3:12	I may approach God with freedom and confidence.
Phil.4:13	I can do all things thru Christ who strengthens me!!

For more on your identity see:

altogetherlovely.org (OUR IDENTITY: the teaching)

OPEN-MINDEDNESS

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, “This is the way; walk in it.” (Isa.30:21)

“For my thoughts are not your thoughts, neither are your ways my ways,” declares the LORD. “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. (Isaiah 55:8-9)

“‘If you can’?” said Jesus. “Everything is possible for one who believes.” (Mark 9:23) **to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. (Eph.3:21) (Heb.3:10; Prov. 18:15; Matt.16:23; 21:31-32)**

OVERCOMING (part 1)

I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. (Psa.40:1-2)

The LORD is good, a refuge in times of trouble. He cares for those who trust in him, (Nahum 1:7)

but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:31)

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” (John 16:33)

(see also: Rom.12:21 13:12-14)

OVERCOMING (part 2)

I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. (Psa.40:1-2)

But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. (2 Tim.3:14-17) (1 John 5:3-5)

PAIN (part 1)

“Sacrifice thank offerings to God, fulfill your vows to the Most High, and call on me in the day of trouble; I will deliver you, and you will honor me.” (Psa.50:14-15)

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. We all, like sheep, have gone astray, each of us has turned to our own way; and the LORD has laid on him the iniquity of us all. (Isa.53:5-6) (Mark 14:32-38)

Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. (Rom.8:17-18)

PAIN (part 2)

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. (2 Cor.4:16-18)

Brothers and sisters, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord. As you know, we count as blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy. (James 5:10-11) (Hebrews 2:9-10; Hebrews 11:24-25)

PATIENCE

Wait for the LORD; be strong and take heart and wait for the LORD. (Psa.27:14)

Be joyful in hope, patient in affliction, faithful in prayer. (Rom.12:12)

You need to persevere so that when you have done the will of God, you will receive what he has promised. (Heb.10:36)

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance.

Let perseverance finish its work so that you may be mature and complete, not lacking anything. (James 1:2-4) (James 5:7-9; Psalms 37:7; Psalms 116:1-2; Ecc.7:8)

POWER (part 1)

Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all. Now, our God, we give you thanks, and praise your glorious name. (1 Chronicles 29:12-13)

God is my strength and power: and he maketh my way perfect. (2 Samuel 22:33)

Jesus answered and said unto them, Ye do err, not knowing the scriptures, nor the power of God. (Matthew 22:29)

For the preaching of the cross is to them that perish foolishness; but unto us which are saved it is the power of God. (1 Cor. 1:18) (Romans 1:16-17; 2 Pet.1:3)

POWER (part 2)

Brothers and sisters, think of what you were when you were called. Not many of you were wise by human standards; not many were influential; not many were of noble birth. But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. God chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, so that no one may boast before him. (1 Corinthians 1:26-29)

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. (Eph.3:20-21)

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. (Ephesians 3:16-17a) (Ephesians 1:18-21)

PRAYER (part 1)

Look to the LORD and his strength; seek his face always. (1 Chron.16:11)

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” (Matthew 26:41)

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

(Matt.7:7-8) (Psalm 65:1-3)

PRAYER (part 2)

For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently. In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of God. And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Rom.8:24-28) (James 5:13-16)

PROMISES (part 1)

Not one of all the LORD's good promises to Israel failed; every one was fulfilled. (Joshua 21:45)
if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. (2 Chron.7:14)

The LORD is close to the broken hearted and saves those who are crushed in spirit. The righteous person may have many troubles, but the LORD delivers him from them all; he protects all his bones, not one of them will be broken. (Psa.34:18-20)

PROMISES (part 2)

“Do not let your hearts be troubled. You believe in God; believe also in me. My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going.” (John 14:1-4)

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Romans 8:28)

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. (2 Cor.12:9-10)

REBELLION:

The Lord our God is merciful and forgiving, even though we have rebelled against him; (Dan.9:9)

Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of all mankind. (Ecc.12:13)

“Woe to the obstinate children,” declares the LORD, “to those who carry out plans that are not mine, forming an alliance, but not by my Spirit, heaping sin upon sin; who go down to Egypt without consulting me; who look for help to Pharaoh’s protection, to Egypt’s shade for refuge. But Pharaoh’s protection will be to your shame, Egypt’s shade will bring you disgrace. (Isa.30:1-3) (Isa. 65:1-2; James 1:27)

RECONCILIATION/AMENDS (part 1)

“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift (Matt.5:23-24)

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. (Rom.5:1-2) (Isaiah 53:1-6)

RECONCILIATION/AMENDS (part 2):

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. (2 Cor.5:17-20) (Eph.2:14-18; Col.1:20-23)

RELAPSE/BACKSLIDE (part 1)

My foot stands in an even place; In the congregations I will bless the LORD. (Psa.26:12)

You, who have shown me great and severe troubles, Shall revive me again, And bring me up again from the depths of the earth. You shall increase my greatness, And comfort me on every side. (Psalms 71:20-21)

What shall we say then? Shall we continue in sin that grace may abound? Certainly not! How shall we who died to sin live any longer in it? Or do you not know that as many of us as were baptized into Christ Jesus were baptized into His death?

Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life. (Rom.6:1-4)

RELAPSE/BACKSLIDE (part 2)

Therefore let him who thinks he stands take heed lest he fall. No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*. (1 Cor.10:12-13)

as obedient children, not conforming yourselves to the former lusts, *as* in your ignorance; but as He who called you *is* holy, you also be holy in all *your* conduct, because it is written, “Be holy, for I am holy.” (1 Pet.1:14-16) (James 1:13-15; 2 Pet.2:9)

RELIGION (part 1)

“And now, Israel, what does the LORD your God require of you, but to fear the LORD your God, to walk in all His ways and to love Him, to serve the LORD your God with all your heart and with all your soul, *and* to keep the commandments of the LORD and His statutes which I command you today for your good? (Deu.10:12-13)

Let us hear the conclusion of the whole matter: Fear God and keep His commandments, For this is man’s all. (Ecc.12:13)

For I desire mercy and not sacrifice, And the knowledge of God more than burnt offerings. (Hosea 6:6)

If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one’s religion *is* useless. Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, *and* to keep oneself unspotted from the world. (James 1:26-27)

RELIGION (part 2)

Owe no one anything except to love one another, for he who loves another has fulfilled the law. For the commandments, “You shall not commit adultery,” “You shall not murder,” “You shall not steal,” “You shall not bear false witness,” “You shall not covet,” and if *there is* any other commandment, are *all* summed up in this saying, namely, “You shall love your neighbor as yourself.” Love does no harm to a neighbor; therefore love *is* the fulfillment of the law. (Romans 13:8-10) (Mark 12:28-34)

SERENITY/PEACE (part 1)

You will keep *him* in perfect peace, *Whose* mind *is* stayed on *You*, Because he trusts in You. (Isa.26:3)

Blessed *are* those who hunger and thirst for righteousness, For they shall be filled.

Blessed *are* the merciful, For they shall obtain mercy.

Blessed *are* the pure in heart, For they shall see God.

Blessed *are* the peacemakers, For they shall be called sons of God.

Blessed *are* those who are persecuted for righteousness’ sake, For theirs is the kingdom of heaven. (Matt.5:6-10) (John 15:9-12; Psalm 5:11)

SERENITY/PEACE (part 2)

Rejoice in the Lord always. Again I will say, rejoice!

Let your gentleness be known to all men. The Lord *is* at hand.

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Philippians 4:4-7)

And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. (Colossians 3:15) (1 Peter 1:8-9; 1 Peter 3:11)

STUMBLING BLOCKS

But beware lest somehow this liberty of yours become a stumbling block to those who are weak. (1 Corinthians 8:9)

Therefore be imitators of God as dear children. And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma. (Eph.5:1-2)

Those who cling to worthless idols forfeit the grace that could be theirs. (Jonah 2:8)

For you were once darkness, but now *you are* light in the Lord. Walk as children of light (for the fruit of the Spirit *is* in all goodness, righteousness, and truth)

(Ephesians 5:8-9) (1 John 5:18-21)

TEMPTATION (part 1)

Do not set foot on the path of the wicked or walk in the way of evildoers. The path of the righteous is like the morning sun, shining ever brighter till the full light of day. But the way of the wicked is like deep darkness; they do not know what makes them stumble. (Proverbs 4:14;18-19)

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” (Matthew 26:41)

Jesus said to his disciples: “Things that cause people to stumble are bound to come, but woe to anyone through whom they come. It would be better for them to be thrown into the sea with a millstone tied around their neck than to cause one of these little ones to stumble. So watch yourselves. (Luke 17:1-3a)

(2 Thess.3:2-3; Heb.2:17-18)

TEMPTATION (part 2):

But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.” Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. (James 4:6-8)

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God’s sight.

Everything is uncovered and laid bare before the eyes of him to whom we must give account. (Hebrews 4:12-13) (Hebrews 4:14-16; James 1:12-16)

VENGEANCE

You shall not take vengeance, nor bear any grudge against the children of your people, but you shall love your neighbor as yourself: I *am* the LORD. (Lev.19:18)
Do not say, “I will recompense (repay) evil”; Wait for the LORD, and He will save you.
(Pro.20:22)

“You have heard that it was said, ‘An eye for an eye and a tooth for a tooth.’ But I tell you not to resist an evil person. But whoever slaps you on your right cheek, turn the other to him also. (Matt.5:38-39) (Proverbs 24:28-29; 1 Pet.3:9)

WILL OF GOD (part 1)

“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble. (Matt.6:31-34)

And He was withdrawn from them about a stone’s throw, and He knelt down and prayed, saying, “Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done.” (Luke 21:41-42) (Psalm 40:6-8; John 6:25-29)

WILL OF GOD (part 2):

And we know that all that happens to us is working for our good if we love God and are fitting into his plans. (Romans 8:28)

And so, dear brothers, I plead with you to give your bodies to God. Let them be a living sacrifice, holy—the kind he can accept. When you think of what he has done for you, is this too much to ask? Don't copy the behavior and customs of this world, but be a new and different person with a fresh newness in all you do and think. Then you will learn from your own experience how his ways will really satisfy you. (Rom.12:1-2)

(James 4:15-17; 1 Peter 1:5-7)

WILLINGNESS:

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. (Psalm 51:10-12)

“Come now, let us settle the matter,” says the LORD. “Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool. If you are willing and obedient, you will eat the good things of the land; (Isaiah 1:18-19)

for it is God who works in you to will and to act in order to fulfill his good purpose. (Philippians 2:13) (1 Chronicles 28:9)

WISDOM (part 1)

The fear of the LORD *is* the beginning of wisdom; A good understanding have all those who do *His commandments*. His praise endures forever. (Psa.111:10)

For the LORD gives wisdom; From His mouth *come* knowledge and understanding; He stores up sound wisdom for the upright; *He is* a shield to those who walk uprightly; He guards the paths of justice, And preserves the way of His saints. Then you will understand righteousness and justice, Equity *and* every good path.
(Proverbs 2:6-9) (Ecc.7:11-12; Job 28:28)

WISDOM (part 2)

“Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. “But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall.” (Matt.7:24-27)

Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. (Col.3:16)

In whom (Jesus) are hidden all the treasures of wisdom and knowledge.
(Colossians 2:3) (James 3:17-18)

The Blood (# 1) – The Scarlet Thread (Examples of the “blood” pointing to Christ)

1. MAN’S WAY:

Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. (Gen. 3:7)

GOD’S WAY: BLOOD WAS SHED FOR THE FIRST TIME:

The LORD God made garments of skin for Adam and his wife and clothed them. (Gen.3:21).

2.GOD TALKING TO THE DEVIL ABOUT THE COMING “SAVIOR” (The “Seed” of the woman – Christ is the “Seed”):

And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel. (Genesis 3:15)

3. ABEL’S OFFERING HAD BLOOD:

In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. And Abel also brought an offering—fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, (Genesis4:3-4)

4. ABEL’S BLOOD CRIES “REVENGE”. CHRIST’S BLOOD CRIES “FORGIVENESS “.

The LORD said, “What have you done? Listen! Your brother’s blood cries out to me from the ground. (Genesis 4:10)

5. GOD WILL PROVIDE THE SACRIFICE ON CALVARY:

So Abraham called that place The LORD Will Provide. And to this day it is said, “On the mountain of the LORD it will be provided.” (Genesis 22:14)

The Blood (#2) – The Scarlet Thread (Examples of the “blood” pointing to Christ)

1. PASSOVER:

Then they are to take some of the blood and put it on the sides and tops of the doorframes of the houses where they eat the lambs. (Ex.12:7)

The blood will be a sign for you on the houses where you are, and when I see the blood, I will pass over you. No destructive plague will touch you when I strike Egypt. (Exodus 12:13)

2. OLD TESTAMENT SACRIFICES POINTED TO “THE BLOOD”:

For the life of a creature is in the blood, and I have given it to you to make atonement for yourselves on the altar; it is the blood that makes atonement for one’s life. (Leviticus 17:11)

3. WHEN GOD SAW THE SCARLET CORD (PICTURE OF THE BLOOD) HE PASSEDOVER RAHAB AND HER FAMILY AS HE DESTROYED JERICHO.

unless, when we enter the land, you have tied this scarlet cord in the window through which you let us down, and unless you have brought your father and mother, your brothers and all your family into your house. (Joshua 2:18)

4. GOD’S SACRIFICE CAME TO THE WORLD. JOHN PROCLAIMED “THE LAMB OF GOD”

The next day John saw Jesus coming toward him and said, “Look, the Lamb of God, who takes away the sin of the world! (John 1:29)

The next day John was there again with two of his disciples. When he saw Jesus passing by, he said, “Look, the Lamb of God!” (John 1:35-36)

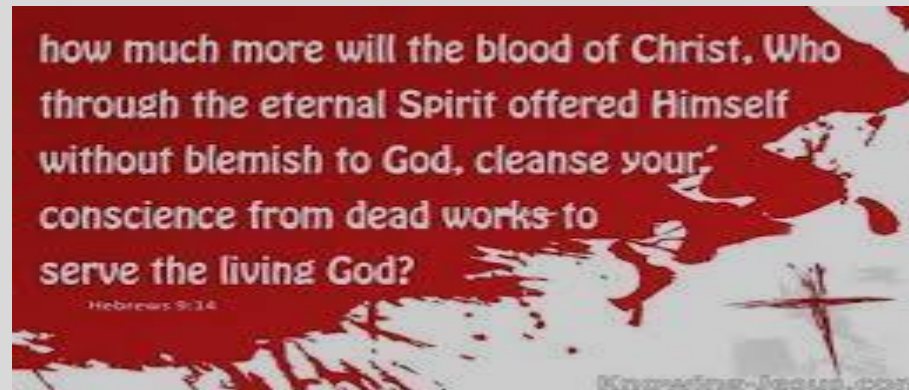
The Blood (#3) – The Scarlet Thread (Examples of the “blood” pointing to Christ)

1. JESUS PROPHESED HIS DEATH & RESURRECTION ON FIVE DIFFERENT RECORDED OCCASIONS: (Matt.12:39-40; 20:17-19; 26:30-32; Luke 18:31-33; John 2:19-22).

Now Jesus was going up to Jerusalem. On the way, he took the Twelve aside and said to them, “We are going up to Jerusalem, and the Son of Man will be delivered over to the chief priests and the teachers of the law. They will condemn him to death and will hand him over to the Gentiles to be mocked and flogged and crucified. On the third day he will be raised to life!” (Matthew 20:17-19)

2. FROM TOP TO BOTTOM: SHOWS GOD COMING DOWN TO MAN – WE CAN’T GET TO GOD – GOD (Jesus) CAME TO US:

The curtain of the temple was torn in two from top to bottom. (Mark 15:38)
When the soldiers crucified Jesus, they took his clothes, dividing them into four shares, one for each of them, with the undergarment remaining. This garment was seamless, woven in one piece from top to bottom. (John 19:23)



THE BLOOD, THE CROSS, THE RESURRECTION:

PART 1: THE BLOOD

But now in Christ Jesus you who once were far away have been brought near by the blood of Christ. (Ephesians 2:13)

How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God! (Hebrews 9:14)

For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect. (1 Peter 1:19)

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. (1 John 1:7)

and from Jesus Christ, who is the faithful witness, the firstborn from the dead, and the ruler of the kings of the earth. To him who loves us and has freed us from our sins by his blood, (Revelation 1:5)



THE BLOOD, THE CROSS, THE RESURRECTION:

PART 2: THE CROSS

This man was handed over to you by God's deliberate plan and foreknowledge; and you, with the help of wicked men, put him to death by nailing him to the cross.

(Acts 2:23)

For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. (1 Corinthians 1:18)

fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. (Hebrews 12:2)

“He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.” (1 Peter 2:24)



THE BLOOD, THE CROSS, THE RESURRECTION:

PART 3: THE RESURRECTION

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, (1 Peter 1:3-4)

Jesus said to her, “I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?” (John 11:25-26)

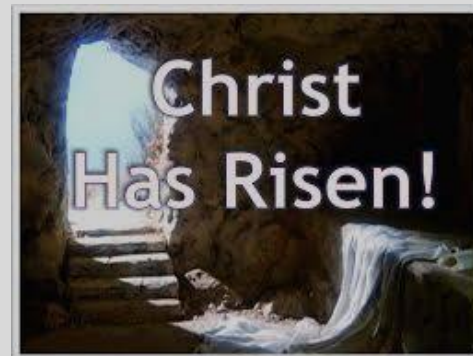
With great power the apostles continued to testify to the resurrection of the Lord Jesus. And God’s grace was so powerfully at work in them all (Acts 4:23)

When they heard about the resurrection of the dead, some of them sneered, but others said, “We want to hear you again on this subject.” At that, Paul left the Council. Some of the people became followers of Paul and believed.

Among them was Dionysius, a member of the Areopagus, also a woman named Damaris, and a number of others. (Acts 17:32-34)

NOTE on the LAMB:

Abel’s lamb was the first lamb – one lamb for one man.
At the Passover we have one lamb for one family.
On the Day of Atonement one lamb for one nation.
At Calvary we have one “LAMB’ for one world.



1. GOD SAYS!!! (Can go around and have each person share on theverse).

a) YOU SAY: It's impossible. GOD ANSWERS: All things are possible:

But He said, "The things which are impossible with men are possible with God."

(Luke 18:27)

b) YOU SAY: I'm too tired. GOD SAYS: I will give you rest:

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." (Matt.11:28-30)

c) YOU SAY: Nobody really loves me. GOD SAYS: I love you:

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. (John 3:16)

d) YOU SAY: I can't go on. GOD SAYS: My grace is sufficient:

And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. (2 Cor. 12:9)

He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. (Psalms 91:15)

2. GOD SAYS!!!

a) YOU SAY: I can't figure things out. GOD SAYS: I will direct your steps:

Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths. (Proverbs 3:5-6)

b) YOU SAY: I can't do it. GOD SAYS: You can do all things

I can do all things through Christ who strengthens me. (Philippians 4:13)

c) YOU SAY: I'm not able. GOD SAYS: You are able:

And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. (2 Cor.9:8)

d) YOU SAY: It's not worth it. GOD SAYS: It will be worth it:

And we know that all things work together for good to those who love God, to those who are the called according to His purpose. (Romans 8:28)

e) YOU SAY: I can't forgive myself. GOD SAYS: I will supply all your needs:

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)

There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. (Romans 8:1)

3. GOD SAYS!!!

a) YOU SAY: I can't manage. GOD SAYS: I will supply all your needs:

And my God shall supply all your need according to His riches in glory by Christ Jesus.
(Philippians 4:19)

b) YOU SAY; I'm afraid. GOD SAYS: I have not given you a spirit of fear:

For God has not given us a spirit of fear, but of power and of love and of a sound mind.
(2 Timothy 1:7)

c) YOU SAY: I'm worried & frustrated. GOD SAYS: Cast all your cares on Me:

Cast all your anxiety on him because he cares for you. (1 Peter 5:7)

d) YOU SAY: I'm not smart enough. GOD SAYS: I give you wisdom

But of Him you are in Christ Jesus, who became for us wisdom from God—
and righteousness and sanctification and redemption— (1 Corinthians 1:30)

e) YOU SAY: I feel all alone. GOD SAYS: I will never leave you or forsake you:

Let your conduct be without covetousness; be content with such things as you have.
For He Himself has said, "I will never leave you nor forsake you." (Hebrews 13:5)

HEALING PRAYERS

For Healing & Deliverance!!

(3 Parts)

HEALING PRAYERS: For Healing & Deliverance!!

- 1) The next 3 Slides (p.88-90) are an introductory prayer to start with.**
- 2) Then comes a list of specific prayers for area(s) of need (p.91). Choose one to pray.**
- 3) Then go to the specific prayer need (2a-2v on p.92-113). Pray that prayer out loud.**
Believe that: Jesus can answer your prayer, Jesus is living inside of you wishing to come into your area of need, and allow Jesus into it by faith!!! He is wanting to draw you close to Him & also loves you enough to heal/deliver you (in His time & way).
- 4) Finally, say out loud ONE of the affirmations on the slides after (3a-3e on p.114-118).**

There are five different slides. Do a different one each time.

These prayers are powerful & will strengthen you. But remember, we have an enemy who comes to rob, kill, and destroy. Humility & Faith are our friends. We need Jesus. (see: altogetherlovely.org/healing)

DISCLAIMER

This material is not to replace Christian counseling (not Christians who counsel but Christ-centered Christian counseling) or Christian medical doctors (who are Christ-centered) when needed. In fact, we encourage individuals to find trusting Christian counseling and discipleship. This material is a “tool” to offer support. Individuals are responsible for their own healing and the choices they make - it is between you and God. Nobody knows you better than God. In no way does this material claim to replace professional Christian counselors or Christian medical doctors when needed. A professional Christian counselor is something that should be considered between God and the individual. Again, this book offers “laymen” resources for those wanting further growth and healing in Christ.

Personal Prayer: Part 1a

Dear Heavenly Father, You are my Lord. I know that You love me and that You will never leave me nor forsake me. You are the only true and living God that is worthy of worship. You are kind and loving in all Your ways. I love You and I thank You that I am alive in Christ. I submit myself to You and ask You to fill me with Your Holy Spirit in order to live my life free from sin. I choose to believe the truth which You have given us in the Bible, and I reject all the lies of Satan. I refuse to be discouraged because You are a God of all hope. I believe that you will meet my needs as I seek to obey You. I believe that I can do everything You want me to do because Jesus is my strength.

Heavenly Father, thank You for sending Your Only Son Jesus Christ to die on the cross for my sins. I believe Jesus' shed blood is enough for the forgiveness of my sins!! I pray the blood of Jesus over myself, my children, and my grandchildren. In Jesus' Name. Thank You Jesus for dying for me and rising from the dead. Because I believe in your death and resurrection I have forgiveness of sin and eternal life in You. I am Your child - a child of God - forgiven through faith in Christ's shed blood - filled, sealed, anointed with the Holy Spirit - and a friend of God.

Personal Prayer: Part 1b

Satan, you and your demons, get away from me in Jesus' Name. You and your lying spirits get away and go to Jesus and His cross - He will deal with you. I am God's child!! I submit to God and I resist the devil. I stand against Satan and all his lies, and I command him and all his demons to leave me & my family. I put on the armour of God by believing and speaking the truth. I believe that Jesus is my protection because He never sinned and He took my sin on Himself. I commit myself to be a peacemaker and take the truth of the Bible and use it against all of Satan's dirty tricks. I submit my body as a living sacrifice to God, and I am going to keep studying the truth so I can prove that what God wants me to do is good and perfect for me. I do all this in the name of Jesus. Amen.

Holy Spirit come now and fill me with You. Fill me from the top of my head to the bottom of my feet. Jesus, come into every sickness & disease & blood cell in my body and melt away what is not of You. I command any spirits of sickness to leave me right now in Jesus' Name. Get away from me in Jesus' name. Come, melt away every hurt in my spirit, soul, and body and make me whole. Sickness, disease, and hurt cannot grow in the presence of the Holy, All-Powerful God. Your Word says, "and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and he healed them". (Matt. 4:24)

Personal Prayer: Part 1c

Now with the Holy Spirit in your heart, mind, & being, meditate on this verse:

**“and the people all tried to touch him,
because power was coming from him and healing them all”.**

(Luke 6:19)

Thank You Jesus. I believe Your power is flowing throughout my spirit, mind, will, emotions, and body. Your presence gives healing and fullness of joy!! Thank You Lord God Almighty. I am trusting in You for a healthy spirit, soul, and body. You have full permission to take control of me and have Your will in me, through me, and with me. In Jesus' Name I pray. Amen.



Specific Prayers for Areas of Need: Part 2

Find the area you struggle with below & repeat the prayer out loud. You may want to pray it 2-3 times a day to begin with. Don't forget to do the previous three slides first. Then move on to the struggle you have (see below). Put your faith in the fact that God can do anything. When and how He does it is up to Him. God is with you!!

Then move on to the affirmations in Parts 3a-3e. Do a different slide each time.

TABLE OF CONTENTS

a) Peace of Mind	i) Sexuality	q) Addictions:
b) Wounded Spirit	j) Divorce	Tobacco, Drug, Food
c) God's Will	k) Abortion	Alcohol, Gambling
d) Damaged Emotions	l) Suicidal Tendencies	r) Sex Addiction
e) Trauma	m) Victimization	s) Anger/Rage Addiction
f) Cancer	n) Perfectionism	t) Depression/Fear
g) Diseases (specify)	o) Self-Mutilation	u) Generational Sin
h) Pornography	p) Eating Disorder	v) Breaking Curses

2a) Peace of Mind - The Mind of Christ:

You will keep in perfect peace those whose minds are steadfast, because they trust in you. (Isaiah 26:3)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Phil.4:6-7)

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. (2 Tim.1:7)

Jesus, Your Word says that as a born again believer I have the mind of Christ. Lord thank You that You live in my spirit and we are joined together. I believe that the power of your peace is now flowing through me giving me YOUR peace in my spirit, mind, emotions, and body. Thank You Lord Jesus. I trust You for this Jesus. I trust You for Your peace that transcends all understanding. And I trust You for Your Spirit that gives me a sound mind. Satan, you and your demons get away from me now. I have Jesus in my spirit, soul, and body. Lord Jesus continue to fill my spirit, soul, and body with You. I believe. I bless You and praise You for this. In Jesus' Name I pray. Amen.

2b) Wounded Spirit:

I say in the name of the Lord Jesus Christ that my life is not a mistake. God made me out of the love that He is. He called me into being at the right time and the right place. He prepared a way for me and gave His life for me. I am a privilege, not a burden; a joy and a delight, not a disappointment; I am not an intrusion, I belong. I am a treasure just because I am, not merely for what I can do. I am one of God's own children, and He delights in me. The Lord is pouring His love into me. I choose to forgive those that wounded me. Forgive me for rejecting the life you planned for me. I ask, Lord that You empower me to choose life. I choose life – Your life.

Lord, I now confess my sin of believing Satan's lies about myself. I now claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. Satan, you and your demons, get away from me. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in sin. Jesus, thank You for Your forgiveness and grace. I pray this in the wonderful name of my Lord and Savior, Jesus Christ. Amen.

**The LORD is close to the broken hearted
and saves those who are crushed in spirit. (Psalm 34:18)**

2c) God's Will (Phil. 2:12-13):

for it is God who works in you

to will and to act in order to fulfill his good purpose. (Phil 2:13)

Jesus, only You were perfect in doing God's will. The night before Your crucifixion You said, "Not my will but yours be done." You were obedient unto death – death on the cross. Lord Jesus, I do not always do the Father's will and I'm sorry. Lord, I now confess this sin to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I command you Satan and your demons to get away from me in Jesus' Name. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in disobeying God and not doing His will. I thank You God that You are working "in me" to will and to act in order to fulfill Your good purpose. Your works are perfect and as I allow You to work in me – come Lord Jesus in Your power and might and do Your work in me and through me so I can please You. I pray this in the wonderful name of my Lord and Savior, Jesus Christ. Amen.

2d) Damaged Emotions:

Lord God Almighty, I come to You now as Your child through the shed blood of Jesus on the cross. I have led a sinful life and I have also been sinned upon. I am wounded emotionally. I sometimes shake and my emotions are so damaged. I believe Jesus that You live in me and I believe that You are willing to come into my damaged emotions and bring healing – Your gentle and loving healing touch. Jesus will You give me YOUR EMOTIONS which aren't damaged and pour them into my being. Satan, you and your demons get away from me. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in sin and in others who hurt me through their words and actions. I pray that You will now come into my damaged emotions Jesus and bring healing. I chose to forgive (name them) who hurt me and I thank You Jesus for filling me with You right now. Come Lord Jesus – fill me with You. I believe You are filling me right now. I pray this in the wonderful name of my Lord and Savior, Jesus Christ. Amen.

2e) Trauma:

Lord God Almighty, I come to You now as Your child through the shed blood of Jesus on the cross. I have led a sinful life and I have also been sinned upon. I was traumatized when _____. I just don't feel like I'm altogether right now. I believe Jesus that You live in me and I believe that You are willing to come into my trauma and bring healing – Your gentle and loving healing touch. I also believe You will be with me in my life and help me not to fear walking with You by faith. Satan, you and your demons get away from me. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in sin. I pray that You will now come into my trauma Jesus and bring healing. I chose to forgive those who have hurt me and I thank You Jesus for filling me with You right now. Come Lord Jesus – fill me with You. I believe You are filling me right now. I pray this in the wonderful name of my Lord and Savior, Jesus Christ. Amen.



2f) Cancer (specify):

Jesus, I thank You that You as God Almighty have power over sickness. No sickness can survive in Your presence. I, by faith, believe that You are coming into my (name the cancer) right now. What a wonderful thing to know and believe that You are coming into that yucky sickness and willing to melt it away.

Lord, I now confess that my lifestyle opened gates to cancer and gates to the demonic. My eating habits, my lifestyle, etc. I confess these sins to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in sin. I pray that You will fill me with Your Holy Spirit right now and totally remove all that is not of You. Melt my sickness away. Satan, you and your demons get away from me in Jesus' Name. I am a child of God sealed by the Holy Spirit. I pray this in the wonderful name of my Lord and Savior, Jesus Christ. Amen.

2g) SICKNESS: Fibromyalgia, kidney, liver, heart, skin, allergies...

Jesus, I thank You that You as God Almighty have power over sickness. No sickness can survive in Your presence. I, by faith, believe that You are coming into my (name the sickness) right now. What a wonderful thing to know and believe that You are coming into that yucky sickness and willing to melt it away.

Lord, I now confess that my lifestyle opened gates to (name the sickness) and opened gates to the demonic. My eating habits, my lifestyle, etc. I confess these sins to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in sin. I pray that You will fill me with Your Holy Spirit right now and totally remove all that is not of You. Melt my sickness away. Satan, you and your demons get away from me in Jesus' Name. I am a child of God sealed by the Holy Spirit. I pray this in the wonderful name of my Lord and Savior, Jesus Christ. Amen.

2h) Pornography:

Lord Jesus, I confess that I have looked at sexually suggestive/explicit and pornographic material for the purpose of stimulating myself sexually. I have attempted to satisfy my lustful desires and polluted my body, soul, and spirit. I'm sincerely sorry. Thank You for cleansing me and for Your forgiveness. I renounce all satanic bonds & soul ties I have allowed in my life through the unrighteous use of my body and mind. Lord, I command all sexual spirits to get away from me now in Jesus' Name. I commit myself to destroy any objects in my possession that I have used for sexual stimulation and to turn away from all media that are associated with my sexual sin. I commit myself to the renewing of my mind and to think pure thoughts. I close all gates to the demonic. Lord when demons put sexual thoughts into my mind will You come and fill my mind with YOU!!!

Now, fill me with Your Holy Spirit that I may not carry out the desires of the flesh. Fill my heart, mind, emotions, will, and body with You. Thank You for the filling of Your Spirit. Without You I can do nothing. In Jesus' name, I pray. Amen.

2i) Sexuality:

Lord, I renounce the lie that You have created me or anyone else to be sexual any way other than what You have intended. You clearly forbid wrong sexual behavior. I choose to accept myself as a child of God and I thank You that You created me as a man (woman) and you have a purpose for my life. I renounce all ungodly thoughts, urges, drives and acts, and cancel out all ways that Satan has used these things to pervert my relationships. I also ask that when compulsive and addictive feelings come up in my being that You will help me believe by faith that You have power over them. I close all doors to the satanic and demons and I command Satan and his demons to leave me in Jesus' Almighty Name. Lord, I now confess the following sins to You (confess your sins) and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in sin.

I also forgive (name them) who abused me sexually causing me trauma, fear, insecurity, and anger. I thank You Jesus for coming into these areas of wounds and hurt. I announce that I am free in Christ to relate sexually in the way that You intended. In Jesus' name, I pray. Amen.

You may want to go through other prayers and pray them out loud (fear, alcoholism, drug addiction, sexual addiction, etc.)

2j) Divorce:

Lord, I confess to You any part that I played in my divorce (name the specifics). Lord, I now confess these sins to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in sin. Thank You for Your forgiveness, and I choose to forgive myself as well. I renounce the lie that my identity is now in “being divorced.” I am a child of God, and I reject the lie that says I am a second- class Christian because of the divorce. I reject the lie that says I am worthless, unlovable, and that my life is empty and meaningless. I am complete in Christ, and You love me and accept me just as I am.

Lord, I commit the healing of all hurts in my life to You as I have chosen to forgive those who have hurt me. I also place my future into Your hands and trust You to provide the human companionship You created me to need through Your Church and, if it be Your will, through another spouse. Lord if I am to reunite and/or pray for my former spouse then show me. I pray all this in the healing name of Jesus, my Savior, Lord, and closest friend. Amen.

2k) Abortion:

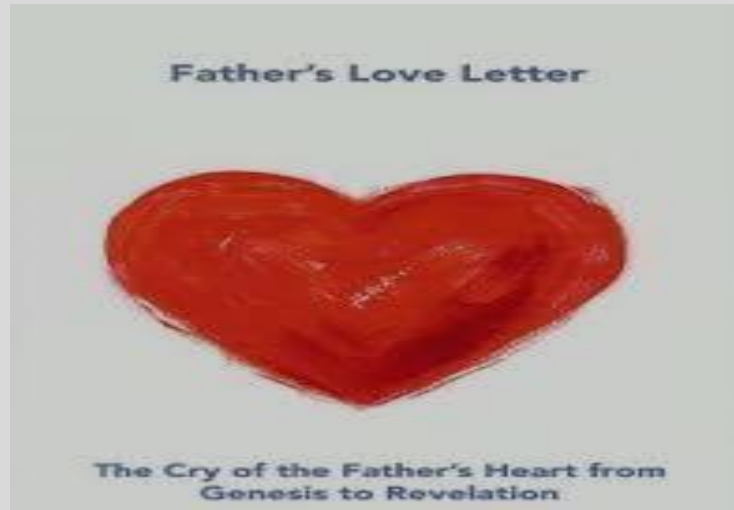
Lord, I confess that I was not a proper guardian and keeper of the life You entrusted to me and I admit that as sin. Even though I was young, scared, ignorant, or even raped, Lord, I now confess my sin of abortion to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in this sin. Thank You that because of Your forgiveness, I can forgive myself (and my partner).

I recognize the child is in Your caring hands for all eternity.

Father God, it has not been easy carrying this guilt, shame (name your feelings).

I ask You to come into my spirit, mind, emotions, and body and to heal any damage I may have. Come Lord Jesus and fill me with You. Fill me totally and completely.

I am free and I know You will continue to heal me. In Jesus' name, I pray. Amen.



2I) Suicidal Tendencies:

Lord, I renounce all suicidal thoughts and any attempts I've made to take my own life or in any way injure myself. I renounce the lie that life is hopeless and that I can find peace and freedom by taking my own life.

Lord, I now confess these sins to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in sin.

Lord in the past I was (tell the trauma, hurt, or incident). It hurt me deeply and allowed gateways to the demonic. I now renounce Satan and his demons and command them to leave me. Satan is a thief and comes to steal, kill and destroy. I choose to forgive (name the person and what they did). I choose life in Christ, who said He came to give me life and give it abundantly (John 10:10).

I also ask that when compulsive and addictive feelings come up in my being that You will help me believe by faith that You have power over them. Now I ask You Jesus to fill me with Your Holy Spirit. Fill my spirit, mind, will, emotions, and body with You. Come into my hurt, shame, guilt (name the feeling or hurt) and free me. Thank You Jesus that I am filled with YOU!! Thank You for Your forgiveness which allows me to forgive myself. I give You my life Lord Jesus – my life is Your life. You bought me with Your precious blood. I am YOURS!! I choose to believe that there is always hope in Christ. In Jesus' name, I pray. Amen.

I came that you may have life and have life to the full!! (John 10:10)

2m) Victimization:

In the name of the Lord Jesus Christ, I renounce the lie of Satan that I am still a victim of my past or present circumstances. The truth is that I am a child of God, unconditionally loved by Him, and He has set me free to become the person HE intends for me to be. I am a new creation and old things have passed away. I announce that in Christ I can be victorious at all times and I choose to act like a beloved child of God, not like Satan's victim.

Lord, I now confess my sins of (name your sins) to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in sin.

I also ask that when compulsive and addictive feelings come up in my being that You will help me believe by faith that You have power over them. Lord I chose to forgive (name the person) for (tell what they did). I give (name them) to You Lord Jesus and I pray Your mercy and grace on them. I release all my hurt, shame, guilt to You Jesus and ask You to come into my whole being and fill me with You right now. Fill my spirit, soul, and body with You. I believe You are filling me right now and will continue to heal me as I ask You to. I pray this in the wonderful name of my Lord and Savior, Jesus Christ. Amen.

2n) Perfectionism:

Lord, I renounce the lie that my self-worth is dependent upon my ability to perform. Lord, I now confess these sins to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in sin.

I also ask that when compulsive and addictive feelings come up in my being that You will help me believe by faith that You have power over them. I announce the truth that my identity and sense of worth is found in who I am as Your child. I renounce seeking the approval and acceptance of other people, and I choose to believe that I am already approved and accepted in Christ because of His death and resurrection for me. I choose to believe the truth that I have been saved, not by deeds done in righteousness, but according to Your mercy. I choose to believe that I am no longer under the curse of the law because Christ became a curse for me. I receive the free gift of life in Christ and choose to abide in Him. I renounce striving for perfection by living under the law. By Your grace, Heavenly Father, I choose from this day forward to walk by faith in the power of Your Holy Spirit according to what You have said is true. Now, Lord Jesus, come and fill me with You. Remove all my insecurity, striving to be loved and accepted – and fill me with You. Fill my spirit, mind, will, emotions, and body with You. I close all gateways to the demonic and thank You Jesus that I am filled with You. Help me to walk in You, to be filled with You and know that You love & accept me just as I am. In Jesus' name, I pray. Amen.

2o) Self-Mutilation:

Lord, I renounce the lie that my value as a person is dependent upon my appearance or performance. I renounce cutting or abusing myself as a means of being in control, lessening my pain, or cleansing myself of evil. Lord, I now confess these sins to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in sin. I also ask that when compulsive and addictive feelings come up in my being that You will help me believe by faith that You have power over them.

I announce that only the blood of the Lord Jesus cleanses me from sin. I realize I have been bought with a price and that my body, the temple of the Holy Spirit, belongs to God. Therefore, I choose to glorify God in my body. I renounce the lie that I am evil or that any part of my body is evil. Thank You that You accept me just the way I am in Christ.

Now Lord Jesus come and fill me with Your Holy Spirit. Fill my spirit, soul, and body with You. Your blood is enough for the forgiveness of sin and I declare that I am Your child. I command Satan and his demons to get away from me and go to Jesus. I ask You Jesus to continue filling me with You and to give me power over sin, the world, and Satan. Thank You Jesus that I am free. I am Yours. You are my God and I am Your child. I am loved unconditionally. I am perfect in Your sight. You are my Father and I'm Your child. In Jesus' name, I pray. Amen.

2p) Eating Disorders:

Lord, I renounce the lie that my value as a person is dependent upon my appearance or performance. I renounce vomiting, using laxatives, diet pills, or starving myself as a means of being in control or lessening my pain or altering my appearance or cleansing myself of evil. I announce that only the blood of the Lord Jesus cleanses me from sin and heals me. I realize I have been bought with a price and my body, the temple of the Holy Spirit, belongs to God. Therefore, I choose to glorify God in my body. I renounce the lie that I am evil or that any part of my body is evil. Thank You that You accept me just the way I am in Christ. Lord, I now confess these sins to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in sin. I also ask that when compulsive and addictive feelings come up in my being that You will help me believe by faith that You have power over them.

Now Lord Jesus come and fill me with Your Holy Spirit. Fill my spirit, soul, and body with You. Your blood is enough for the forgiveness of sin and I declare that I am Your child. I command Satan and his demons to get away from me and go to Jesus. I ask You Jesus to continue filling me with You and to give me power over sin, the world, and Satan. Jesus teach me to fill myself with You and not improper use of food. Thank You Jesus that I am free. I am Yours. You are my God and I am Your child. I am loved unconditionally. I am perfect in Your sight. You are my Father and I'm Your child. In Jesus' name, I pray. Amen.

2q) Addictions: Food, Alcohol, Drugs, Tobacco, Gambling, etc.

Lord, I confess that I have misused (the above) for the purpose of pleasure, to escape reality, to lessen my pain, to fill my emptiness, or to cope with difficult problems. I confess that I have abused my body and programmed my mind in a harmful way. I have quenched the Holy Spirit as well. Thank You for forgiving me. I renounce any satanic connection or influence in my life through my misuse of (the above). I cast my anxieties on to Christ Who loves me. I commit myself to yield no longer to the abuse of (the above) but instead I choose to allow the Holy Spirit to direct and empower me. I also ask that when compulsive and addictive feelings come up in my being that You will help me believe by faith that You have power over them. I now claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in this sin. Now Lord Jesus come and fill me with Your Holy Spirit. Fill my spirit, soul, and body with You. Lord especially fill those areas of hurt and emptiness in my life. Your blood is enough for the forgiveness of sin and I declare that I am Your child. I command Satan and his demons to get away from me and go to Jesus. I ask You Jesus to continue filling me with You and to give me power over sin, the world, and Satan. Jesus teach me to fill myself with You and not improper use of (the above). When I feel empty teach me to fill myself with You, Lord Jesus. Thank You Jesus that I am free. I am Yours. You are my God and I am Your child. I am loved unconditionally. I am perfect in Your sight. You are my Father and I'm Your child. In Jesus' name I pray. Amen.

2r) Sex Addiction:

Lord, I confess that I have misused sex for the purpose of pleasure, to escape reality, to lessen my pain, or to cope with difficult problems. I confess that I have abused my body and programmed my mind in a harmful way. I have hurt so many people. I have quenched the Holy Spirit as well. Thank You for forgiving me. I renounce any satanic connection or influence in my life through my sexual addiction. I cast my anxieties on to Christ Who loves me. I commit myself to yield no longer to my sexual addiction but instead I choose to allow the Holy Spirit to direct and empower me. I now claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in this sin. I also ask You Jesus to break all soul ties with people I have spiritually joined myself to through sex. I also ask that when compulsive and addictive feelings come up in my being that You will help me believe by faith that You have power over them. Now Lord Jesus come and fill me with Your Holy Spirit. Fill my spirit, soul, and body with You. Your blood is enough for the forgiveness of sin and I declare that I am Your child. I command Satan and his demons to get away from me and go to Jesus. I ask You Jesus to continue filling me with You and to give me power over sin, the world, and Satan. Jesus teach me to fill myself with You and not sex. When I feel empty teach me to fill myself with You, Lord Jesus. Thank You Jesus that I am free. I am Yours. You are my God and I am Your child. I am loved unconditionally. I am perfect in Your sight. You are my Father and I'm Your child. In Jesus' name, I pray. **109**

2s) Anger/Rage Addiction:

Lord, I confess that I have misused anger and rage for the purpose of pleasure, to escape reality, to lessen pain, or to cope with difficult problems. I confess that I have programmed my mind in a harmful way. I have quenched the Holy Spirit as well. Thank You for forgiving me. I renounce any satanic connection or influence in my life through my misuse of anger and rage. I cast my anxieties on to Christ Who loves me. I commit myself to yield no longer to anger and rage but instead I choose to allow the Holy Spirit to direct and empower me. I also ask that when compulsive and addictive feelings come up in my being that You will help me believe by faith that You have power over them. That Your self-control will take control of my anger and rage. I now claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in this sin. Satan & your demons get away from me.

Now Lord Jesus come and fill me with Your Holy Spirit. Fill my spirit, soul, and body with You. Your blood is enough for the forgiveness of sin and I declare that I am Your child. I command Satan and his demons to get away from me and go to Jesus. I ask You Jesus to continue filling me with You and to give me power over sin, the world, and Satan. Jesus teach me to fill myself with You and not anger and rage. When I feel empty or out of control teach me to fill myself with You. Thank You Jesus that I am free. I am Yours. You are my God & I am Your child. I am loved unconditionally. I am perfect in Your sight. You are my Father and I'm Your child. In Jesus' name, I pray. **110**

2t) Depression/Fear:

Lord, I confess that I have misused depression/fear for the purpose of pleasure, to escape reality, to lessen my pain, or to cope with difficult problems. I confess that I have programmed my mind in a harmful way. I have quenched the Holy Spirit as well. Thank You for forgiving me. I renounce any satanic connection or influence in my life through my misuse of depression/fear. I cast my anxieties on to Christ Who loves me. I commit myself to yield no longer to depression/fear but instead I choose to allow the Holy Spirit to direct and empower me.

I now claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in this sin. Satan & your demons get away from me. I also ask that when compulsive and addictive feelings come up in my being that You will help me believe by faith that You have power over them.

Now Lord Jesus come and fill me with Your Holy Spirit. Fill my spirit, soul, and body with You. Your blood is enough for the forgiveness of sin and I declare that I am Your child. I command Satan and his demons to get away from me and go to Jesus. I ask You Jesus to continue filling me with You and to give me power over depression/fear. Jesus teach me to fill myself with You and not depression/fear. When I feel depressed or afraid teach me to fill myself with You. Thank You Jesus that I am free. I am Yours. You are my God & I am Your child. I am loved unconditionally. I am perfect in Your sight. You are my Father and I'm Your child. In Jesus' name, I pray. Amen.

2u) BREAKING GENERATIONAL SIN

Father God, in the mighty name of Jesus Christ, I come to You now and repent on behalf of my family line. Lord, whenever there was the sin of (name the sin) on my father's or mother's side, I repent of that sin on behalf of myself and my family, both on the (father's family name) side and on the (mother's family name) side. When ever I or my ancestors yielded to this particular sin, even as far back as Adam, I ask You to forgive us as a family and to cleanse the family line of this sin by the Blood of Jesus. When ever You see an invisible soul-tie that connects me with any of those people who yielded to this sin, I now take a sword in the spirit and in the name of Jesus Christ and through the Blood of Jesus Christ I sever that connection in the spirit and I break every unholy soul-tie between myself and those previous generations. And I now place a river of the Blood of Jesus Christ and those generations and render myself free from any unholy influence. I also break any curse that has come to me or my children through generational sins and curses. In Jesus' name and through His Blood, I ask you to turn the curses into blessings. In Jesus' name I pray. Amen.

(Pray this prayer each time you identify a generational sin in your family).

**From the Book "Spiritual Warfare and Your Children"
by Ray Beeson & Kathi Mills**

2v) BREAKING CURSES: Psychic/Cults/Occult

Father God, in the mighty name of Jesus Christ, I come to You now and repent on behalf of my family line. Lord, whenever there was the sin of (psychics, cults, or occult) on my father's or mother's side, I repent of that sin on behalf of myself and my family, both on the (father's family name) side and on the (mother's family name) side. When ever I or my ancestors yielded to this particular sin, even as far back as Adam, I ask You to forgive us as a family and to cleanse the family line of this sin by the Blood of Jesus.

When ever You see an invisible soul-tie that connects me with any of those people who yielded to this sin, I now take a sword in the spirit and in the name of Jesus Christ and through the Blood of Jesus Christ I sever that connection in the spirit and I break every unholy soul-tie between myself and those previous generations. And I now place a river of the Blood of Jesus Christ and those generations and render myself free from any unholy influence. I also break any curse that has come to me or my children through generational sins and curses. In Jesus' name and through His Blood, I ask you to turn the curses into blessings. In Jesus' name I pray. Amen.

DECLARATIONS: Choose “3a/3b/3c/3d/3e” to say out loud

DECLARATIONS ABOUT “FATHER GOD”: Part 3a

I renounce the lie that my Loving Heavenly Father is

- 1. Distant and disinterested**
- 2. Insensitive and uncaring**
- 3. Stern and demanding**
- 4. Passive and cold**
- 5. Absent or too busy for me**
- 6. Never satisfied with what I do; impatient or angry**

I joyfully accept the truth that my Loving Heavenly Father is.....

- 1. Intimate and involved (Psalm 139:1-18)**
- 2. Kind and compassionate (Psalm 103:8-14)**
- 3. Accepting and filled with joy and love (Romans 15:7; Zeph.3:17)**
- 4. Warm and affectionate (Isaiah 40:11; Hosea 11:3-4)**
- 5. Always with me and eager to be with me (Heb.3:5; Jer.31:20; Ezek.34:11-16)**
- 6. Patient and slow to anger (Exodus 34:6; 2 Peter 3:9)**

DECLARATIONS ABOUT “FATHER GOD”: Part 3b

I renounce the lie that my Loving Heavenly Father is

- 1. Mean, cruel or abusive**
- 2. Trying to take all the fun out of life.**
- 3. Controlling or manipulative**
- 4. Condemning or unforgiving**
- 5. Nitpicking, exacting or perfectionistic.**
- 6. Not a good provider, emotionally and/or physically.**

I joyfully accept the truth that my Loving Heavenly Father is.....

- 1. Loving, gentle and protective of me (Jer.31:3; Isaiah 42:3; Psalm 18:2)**
- 2. Trustworthy and wants to give me a full life, His will is good perfect, and acceptable for me (Lam.3:22-23; John 10:10; Romans 12:1-2)**
- 3. Full of grace & mercy: He gives me freedom to fail (Heb.4:15-16; Luke 15:11-16)**
- 4. Tender-hearted and forgiving; His heart and arms are always open to me (Psalm 130:1-4; Luke 15:17-24)**
- 5. Committed to my growth and proud of me as His growing child (Romans 8:28-29; Hebrews 12:5-11; 2 Cor.7:4)**
- 6. Able and willing to supply all my needs (Phil.4:19; Psa.37:4; Matt.6:33)**

Part 3c

WHO YOU ARE!!

I renounce the lie that I am rejected, unloved, dirty or shameful because
IN CHRIST I am completely accepted. God says.....

John 1:12	I am God's child.
John 15:5	I am Christ's friend.
Romans 5:1	I have been justified (made right in God's sight).
1 Cor. 6:17	I am united with the Lord & one spirit with Him
1 Cor. 6:19-20	I have been bought with a price. I belong to God.
1 Cor.12:27	I am a member of Christ's Body.
Eph.1:1	I am a saint, and a holy one.
Eph.1:5	I have been adopted as God's child.
Eph.2:18	I have direct access to God through the Holy Spirit.
Col.1:14	I have been redeemed and forgiven of all my sins.
Col.2:10	I am complete in Christ.

DECLARATIONS: Part 3d

WHO ARE YOU!!

**I renounce the lie that I am guilty, unprotected, alone or abandoned because
IN CHRIST I am totally secure. God says.....**

Romans 8:1-2	I am free forever from condemnation.
Romans 8:28	I am assured that all things work together for good.
Romans 8:31-34	I am free from any condemning charges against me.
Romans 8:35-39	I cannot be separated from the love of God.
2 Cor. 1:21-22	I have been established, anointed, and sealed by God.
Phil. 1:6	I am confident that the good work God has begun in me will be perfected.
Phil. 3:20	I am a citizen of heaven.
Col. 3:3	I am hidden with Christ in God.
2 Tim. 1:7	I have not been given a spirit of fear, but of power, love and a <u>sound mind</u>.
Hebrews 4:16	I can find grace and mercy to help in time of need.
1 John 5:18	I am born of God and the evil one cannot touch me.

DECLARATIONS: Part 3e

WHO ARE YOU!!

**I renounce the lie that I am worthless, inadequate, helpless or hopeless because
IN CHRIST I am deeply significant. God says.....**

Matthew 5:13-14	I am the salt of the earth and the light of the world.
John 15:1,5	I am a branch of the true vine, Jesus, a channel of His life.
John 15:16	I have been chosen and appointed by God to bear fruit.
Acts 1:8	I am a personal, Spirit-empowered witness of Christ.
1 Cor.3:16	I am God's temple.
2 Cor.5:17-21	I am a minister of reconciliation for God.
2 Cor.6:1	I am God's co-worker.
Eph.2:6	I am seated with Christ in the heavenly realms.
Eph.2:10	I am God's workmanship, created for good works.
Eph.3:12	I may approach God with freedom and confidence.
Phil.4:13	I can do all things thru Christ who strengthens me!!

Codependent Traits

- 1. Feeling responsible for solving others' problems.**
- 2. Offering advice even if it isn't asked for.**
- 3. Poor communication regarding feelings, wants, or needs.**
- 4. Difficulty adjusting to change.**
- 5. Expecting others to do as you say.**
- 6. Difficulty making decisions.**
- 7. Chronic anger. Need to constantly feel in control**
- 8. Feeling used and underappreciated.**
- 9. People-pleasing to be liked or loved.**
- 10. Lack of trust in self or others.**
- 11. Fearing rejection or being unlovable.**
- 12. Feeling like a victim.**
- 13. Taking everything personally.**
- 14. Lying to yourself and making excuses for others' bad behavior.**
- 15. General sense of helplessness, anxiety, or depression.**

Father God, I can see many areas of codependency in my life. I also thank You for helping me with areas here in my life and I know You will continue to help me to walk with You. Now fill me with Your Holy Spirit and show me how to respond in my life to these areas (even one at a time). I love You for changing me and giving me power to change. In Jesus' Name I pray. Amen.

Signs of UNHEALTHY & HEALTHY BOUNDARIES

- 1) Telling All..... Revealing a little of yourself at a time & then checking how the other person responds to your sharing.....
- 2) Trusting no one.... Trusting those who are trustworthy.....
- 3) Black & White thinking..... Appropriate trust.....
- 4) Not noticing when someone else displays inappropriate boundaries..... Notice someone else's inappropriate boundaries.....
- 5) Not noticing when someone else invades your boundaries..... Notice when someone invades your boundaries.....
- 6) Talking at an intimate level at the first meeting..... Moving step by step into intimacy....
- 7) Acting on the first sexual impulse..... Weighing the consequence before acting on sexual impulse.....
- 8) Going against personal values or rights to please another person..... Maintaining personal values despite what others want.....
- 9) Falling in love with someone who reaches out.... Deciding whether a potential relationship will be good for you.....
- 10) Falling in love with a new acquaintance..... Putting a new acquaintanceship on hold until you check for compatibility.....
- 11) Accepting food, touch, gifts, sex that you don't want..... Saying "no" to food, gifts, touch, sex you don't want.....
- 12) Touching a person without asking..... Asking a person before touching them....
- 13) Taking as much as you can get for the sake of getting... Respect for others – not taking advantage of someone else's generosity.....
- 14) Giving as much as you can give for the sake of giving..... Self-respect – not giving too much in hope that someone will like you.....
- 15) Letting others define you..... Knowing who you are & what you want....
- 16) Letting others direct your life..... Trusting your own decisions.....
- 17) Letting others describe your reality..... Defining your truth, as you see it.....
- 18) Believing others can anticipate your needs..... Recognizing that friends and partners are not mind readers.....
- 19) Expecting others to fill your needs automatically..... Clearly communicating wants/needs (may be turned down, but you can ask)
- 20) Allowing someone to take as much as they can from you..... Not allowing someone to take advantage of your generosity.....
- 21) Falling apart so someone will take care of you... Staying focused on your own growth and recovery.....
- 22) Sexual, physical, food abuse..... Talking to yourself with gentleness, humor, love, and respect.....
- 23) Being overwhelmed by a person (or preoccupied)..... Becoming your own loving parent.....

Father God, I can see many areas of unhealthy boundaries in my life. I also thank You for helping me with areas here in my life and I know You will continue to help me to walk with You. Now fill me with Your Holy Spirit and show me how to respond in my life to these areas (even one at a time). I love You for changing me and giving me power to change. In Jesus' Name I pray. Amen.

53 Blessings After Believing On Jesus Christ

AN OPTIONAL YEARLY EXERCISE:

Carry one blessing to look at during your day for a whole week.

Then do Blessing #2 the next week, and so on.

This should get you solidified in these truths in a year.

By Danny Doege email: ddoege@earthlink.net

When a Man, woman, child, believes on the Lord Jesus Christ as their personal Savior the following Fifty-three blessings are theirs instantly, regardless of their knowledge about them. The new Believer will not be aware of many of these things until gaining some spiritual maturity and growth in the word of God. But as they grow in their faith in Christ they will “enter in” in a much deeper way.

1) Access to God's Grace.

(Eph.2:8) For by grace are ye saved through faith;
and that not of yourselves: it is the gift of God:

(Eph.2:18) For through him we both have access by one Spirit unto the Father.

2) We are adopted by God.

(Ephesians 1:5) Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will, (Galatians 4:5) To redeem them that were under the law, that we might receive the adoption of sons.

3) We get an Inheritance.

(Eph.1:11) In whom also we have obtained an inheritance,
being predestinated according to the purpose of him
who worketh all things after the counsel of his own will:

4) We are elected (saved).

(1 Peter 1:2) Elect according to the foreknowledge of God the Father,
through sanctification of the Spirit, unto obedience and sprinkling
of the blood of Jesus Christ: Grace unto you, and peace, be multiplied.

5) We become a child of God.

(John 1:12) But as many as received him, to them gave he power
to become the sons of God, even to them that believe on his name:

6) We get a heavenly citizenship.

(2 Timothy 4:18) And the Lord shall deliver me from every evil work, and will preserve me unto his heavenly kingdom: to whom be glory for ever and ever. Amen.

7) We become a servant.

(Romans 6:22) But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.

8) We are heirs of God, joint heirs with Jesus.

(Romans 8:17) And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

(Galatians 3:29) And if ye be Christ's, then are ye Abraham's seed, and heirs according to the promise.

9) We become a new creature.

(2 Cor.5:17) Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

(Galatians 6:15) For in Christ Jesus neither circumcision availeth any thing, nor uncircumcision, but a new creature.

10) We become priests.

(1 Peter 2:9) But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should show forth the praises of him who hath called you out of darkness into his marvellous light:

(Revelation 1:6) And hath made us kings and priests unto God and his Father; to him be glory and dominion for ever and ever. Amen.

11) We are reconciled to God.

(Romans 5:10) For if, when we were enemies, we were reconciled to God by the death of his Son, much more, being reconciled, we shall be saved by his life.

12) We are Sanctified.

(1 Cor.6:11) And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.

13) We are accepted in the Beloved.

(Ephesians 1:6) To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.

14) We are Baptized into the body of Christ.

(1 Cor.12:13) For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit.

15) We are buried with him.

(Romans 6:4) Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

16) We have put on Christ.

(Gal.3:27) For as many of you as have been baptized into Christ have put on Christ.

17) We have eternal life.

(John 10:28) And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand.

18) We have peace with God.

(John 14:27) Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

19) We became a friend of God.

(John 15:15) Henceforth I call you not servants;
for the servant knoweth not what his lord doeth: but I have called you friends;
for all things that I have heard of my Father I have made known unto you.

20) We get in the Lamb's book of life.

(Revelation 21:27) And there shall in no wise enter into it any thing that defileth,
neither whatsoever worketh abomination, or maketh a lie:
but they which are written in the Lamb's book of life.

21) We receive imputed righteousness.

(Rom.4:6) Even as David also describeth the blessedness of the man,
unto whom God imputeth righteousness without works,

22) Our names are written in heaven.

(Luke 10:20) Notwithstanding in this rejoice not, that the spirits are subject unto you;
but rather rejoice, because your names are written in heaven.

23) We are given a blessed hope of Christ's returning.

(Titus 2:13) Looking for that blessed hope,
and the glorious appearing of the great God and our Saviour Jesus Christ;

24) We are seated in heavenly places.

(Ephesians 2:6) And hath raised us up together,
and made us sit together in heavenly places in Christ Jesus:

25) We have fellowship with the trinity.

(1 John 1:3) That which we have seen and heard declare we unto you,
that ye also may have fellowship with us:
and truly our fellowship is with the Father, and with his Son Jesus Christ.

(Philippians 2:1) If there be therefore any consolation in Christ,
if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies,

26) We have a mansion in heaven.

(John 14:2) In my Father's house are many mansions:
if it were not so, I would have told you. I go to prepare a place for you.

27) We are born again with a spiritual re-birth.

(John 3:3-6) Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God. Nicodemus saith unto him, How can a man be born when he is old? can he enter the second time into his mother's womb, and be born? Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.

28) We have received an anointing.

(1 John 2:27) But the anointing which ye have received of him abideth in you, and ye need not that any man teach you: but as the same anointing teacheth you of all things, and is truth, and is no lie, and even as it hath taught you, ye shall abide in him

29) The Holy Spirit will live with us now and forever.

(John 14:16) And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.

30) We've been sealed by the Holy Spirit unto the day of redemption.

(Ephesians 4:30) And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

31) Our bodies become the temple of the Holy Ghost.

(1 Corinthians 6:19) What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

32) We are forever forgiven.

(Luke 7:48) And he said unto her, Thy sins are forgiven.

(1 John 2:12) I write unto you, little children, because your sins are forgiven you for his name's sake.

33) We are justified in God's sight.

(Romans 5:1) Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:

34) We are redeemed.

(Rev. 5:9) And they sung a new song, saying, Thou art worthy to take the book, and to open the seals thereof: for thou wast slain, and hast redeemed us to God by thy blood out of every kindred, and tongue, and people, and nation

35) Indwelt by the Holy Spirit.

(Rom. 8:9) But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

36) We have an advocate with Christ.

(1 John 2:1) My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous:

37) We now have the possibility to have victory over sin.

(Romans 6:14) For sin shall not have dominion over you: for ye are not under the law, but under grace.

38) We become Christ's ambassadors.

(2 Cor. 5:20) Now then we are ambassadors for Christ, as though God did beseech you by us: we pray you in Christ's stead, be ye reconciled to God.

39) We are blessed with spiritual blessings.

(Ephesians 1:3) Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessing in heavenly places in Christ:

40) Our every need will be supplied by God.

(Phil.4:19) But my God shall supply all your need according to his riches in glory by Christ Jesus.

41) Given an inner strength to accomplish necessary things.

(Philippians 4:13) I can do all things through Christ which strengtheneth me.

42) A good work has been done in us.

(Philippians 1:6) Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:

43) The Lord becomes our helper instead of our judge.

(Hebrews 13:6) So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.

44) We get abounding grace.

(2 Corinthians 9:8) And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:

45) We get eternal love.

(Romans 8:38-39) For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

46) Every thing that happens to us will be for our own good.

(Rom.8:28) And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

47) A promised faithfulness regardless of our faithlessness.

(2 Timothy 2:13) If we believe not, yet he abideth faithful: he cannot deny himself

48) A promise given to be able to resist temptation.

(1 Cor.10:13) There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

49) We are made kings.

(Revelation 1:6) And hath made us kings and priests unto God and his Father; to him be glory and dominion for ever and ever. Amen.

50) We became saints.

(1 Corinthians 1:2) Unto the church of God which is at Corinth, to them that are sanctified in Christ Jesus, called to be saints, with all that in every place call upon the name of Jesus Christ our Lord, both theirs and ours:

51) We have been delivered from the power of darkness.

(Col. 1:12-13) Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light: Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:

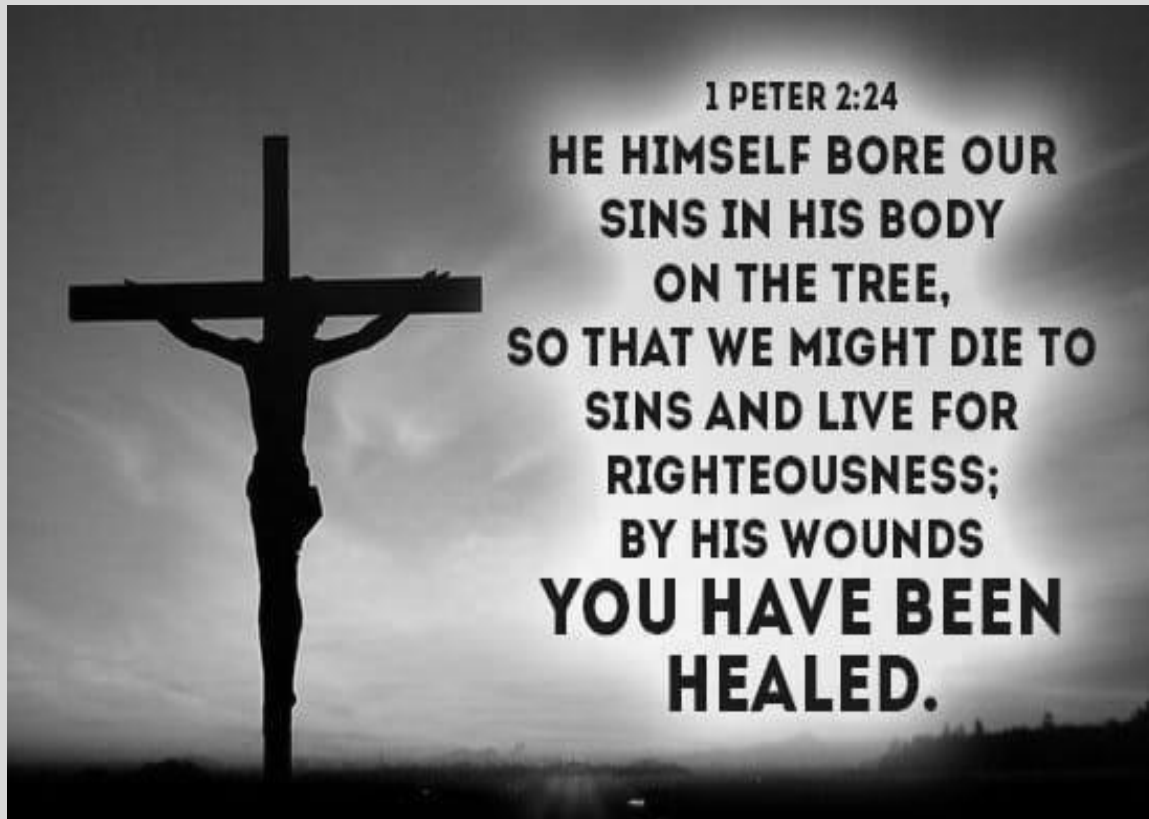
52) Our hearts are unblamable.

(1 Thess 3:13) To the end he may stablish your hearts unblameable in holiness before God, even our Father, at the coming of our Lord Jesus Christ with all his saints.

53) We get the power of a sound mind.

(2 Timothy 1:7) For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

MORE BLESSINGS



A Prayer For A Person's Salvation

Dear Heavenly Father, I bring (name the person(s)) before You. I stand against the blinding of Satan that would keep them from believing and seeing the light of the gospel of the glory of Christ (2 Corinthians 4:4). I take the authority that is mine because of my position in Christ, and I exercise that authority over Satan in regards to (name the person(s)). Heavenly Father. In the name of Jesus, I take authority over speculation and every lofty thing raised up against the knowledge of God in the mind(s) of (name the person(s)). (2 Corinthians 10:5). I tear down those strongholds and bring (name the person(s)) mind(s) into captivity in order to obey Christ. By the authority that I have in Christ and in obedience to the great commission to make disciples, I command Satan to release the mind(s) of (name the person(s)) so that they may obey God. I declare myself and all that You have entrusted to me to be eternally signed over to the Lord Jesus Christ. Based on Your Word according to 1 John 5:16, I am asking You to give spiritual life to (name the person(s)). I pray that You would enable me to be the kind of (parent/friend/brother/sister) that You want me to be. May I never be the kind of (parent/friend/brother/sister) that would be a stumbling block to (name the person(s)). Enable me to be a positive witness and a living epistle for all those who don't know You. I ask this in the name and authority of the Lord Jesus Christ. Amen.

AFRAID:	Psalms 34:4; Matt.10:28; 2 Tim.1:7; Heb.13:5-6
ANXIOUS:	Psalms 46; Matt. 6:19-34; Phil.4:6; 1 Peter 5:6-7
BACKSLIDING:	Psalms 51; 1 John 1:4-9
BEREAVED:	Matthew 5:4; 2 Corinthians 1:3-4
BITTER/CRITICAL	1 Corinthians 13
CONSCIOUS OF SIN	Proverbs 28:13
DEFEATED	Romans 8:31-39
DEPRESSED	Psalms 34
DISASTER	Psalms 91; 118:5-6; Luke 8:22-25
DISCOURAGED	Psa.42:6-11; 55:22; Matt.5:11-12; 2 Cor. 4:17; Phil.4:6-7
DOUBTING	Matthew 8:26; Hebrews 11
FACING A CRISIS	Psalms 121; Matthew 6:25-34; Hebrews 4:16
FAITH FALLS	Psalms 42:5; Hebrews 11
FRIENDS FAIL	Psa.41:9-13; Luke 17:3-4; Rom.12:14-21; 2 Tim.4:16-18
GOD'S PROTECTION	Psalms 27:1-6; Psalm 91; Philippians 4:19
NEED GUIDANCE	Psalms 32:8; Proverbs 3:5-6
LEAVING HOME	Psalms 121; Matthew 10:16-20
LONELY	Psalms 23; Hebrews 13:5-6
OVERCOME	Psalms 6; Romans 8:31-39; Romans 5:1-5; 1 John 1:4-9
PEACE	John 14:1-4; John 16:33; Rom.5:1-5; Phil. 4:6-7
PRAYER	Psa.4; Psalm 42; Luke 11:1-13; John 17; 1 John 5:14-15
PROTECTED	Psalms 18:1-3; Psalm 34:7
RULES FOR LIVING	Romans 12
SICK or in PAIN	Psalms 38; Matt. 26:39; Romans 5:3-5; 2 Cor.12:9-10
SORROWFUL	Psa.51; Matt. 5:4; John 14; 2Cor. 1:3-4; 1 Thess.4:13-18
PROTECTED	Psalms 1; 139:23-24; Matt. 26:41; James 4:7; 2 Pet.2:9
THANKFUL	Psalms 100; 1 Thess. 5:18; Hebrews 13:15
TRAVELING	Psalms 121
TROUBLE	Psalms 16; Psalm 31; John 14:1-4; Hebrews 7:25
WEARY	Psalms 90; Matt. 11:28-30; 1 Cor.15:58; Gal.6:9-10
WORRIED	Matthew 6:19-34; 1 Peter 5:6-7

Letting Go (and Letting God)

To "let go" does not mean to stop caring, it means I can't do it for someone else.

To "let go" is not to cut myself off, it's the realization I can't control another.

To "let go" is not to enable, but to allow learning from natural consequences.

To "let go" is to admit powerlessness, which means the outcome is not in my hands.

To "let go" is not to try to change or blame another, it's to make the most of myself.

To "let go" is not to care for, but to care about.

To "let go" is not to fix, but to be supportive.

To "let go" is not to judge, but to allow another to be a human being.

To "let go" is not to be in the middle arranging the outcomes,
but to allow others to affect their own destinies.

To "let go" is not to be protective, it's to permit another to face reality.

To "let go" is not to deny, but to accept.

To "let go" it not to nag, scold or argue,
but instead to search out my own shortcomings, and correct them.

To "let go" is not to adjust everything to my desires
but to take each day as it comes, and cherish myself in it.

To "let go" is not to criticize and regulate anybody
but to try to become what I dream I can be.

To "let go" is not to regret the past, but to grow and live for the future.

To "let go" is to fear less,
and love more.

(Anonymous)

PRAYER JOURNALIZING: One way to heal is a **DAILY PRAYER JOURNAL**. This is writing your prayer on paper instead of saying it. Writing sometimes gives less time for our minds to wander. It can allow the Holy Spirit to minister deeper. Writing puts our thoughts on paper and helps **RELEASE** them to God. We encourage you to spend 5 – 10 minutes doing a **DAILY PRAYER JOURNAL**.

i) Sit down with a pen, paper, and Bible. Start by saying this prayer EACH TIME:

Father, I come to You through the blood of Your Son, Jesus Christ. Jesus, thank You for dying for me and that I am God's child. Forgive me for (confess your sins). Now, come and fill me with Your Holy Spirit. Father, I pray that nothing would disturb this time I have with You. Father, would You quiet all demonic activity here in the name of Jesus Christ. Thank You Father. Now give me the power to write what YOU put on my heart. Fill me with YOU. You are so gentle, loving, and want nothing but the best for me. I love You, Father God. In Jesus' Name I pray.

ii) Wait on God (absorb Him) and allow Him to fill your heart with what to write.

iii) Allow God to bring up whatever HE wants. Remember, He is gentle.

iv) When you sense God's leading, begin to write from your heart.

v) Don't overwrite. Do what you feel you can do. Get to know yourself.

vi) When you finish, put your paper in a safe place OR throw it away.

vii) Finally, do something "POSITIVE". Rejoice, sing a joyful song, go for a walk, phone a caring friend, minister to someone, etc.

DAILY DEVOTIONS

CHRISTIAN: WORSHIP & PRAYER

INTRODUCTION:

These devotions help individuals (& groups) Know Christ, Grow in Christ, and Go into all the world to share Christ.
An area lacking in most Christians is a good devotional life. Jesus said, “Can you not tarry with me an hour?”
This is easier said than done but with this resource you will be well on your way.

PRAYER:

We have put together a devotional that you can use on a daily basis (see pages 136-143). You can also use:

1) A.C.T.S. (Adoration – Confession – Thanksgiving – Supplication)

2) PRAYER OF FAITH: Are You Not, Did You Not, Will You Not (personalize the verses)

Are You Not (Who God is to you) see: 2 Chronicles 20:6

Did You Not (What has God done for you) see: 2 Chronicles 20:7

Will You Not (What you want God to do for you) see: 2 Chronicles 20:12

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PRAYER LINES: 1-800-700-7000 / 1-866-987-7729 /

1-866-273-4444 / 1-800-633-3446 / 1-866-899-9673

Find this booklet online at: www.altogetherlovely.org (see: P.R.A.Y.)

LIFE IN THE SPIRIT

This spiritual exercise will change your life from anxiety-fear-control to optimism-peace-joy & much more.

It is called "LIVING IN THE SPIRIT". Let's go thru this exercise till you know it by heart.

1) Close your mouth & BREATHE in & out slowly thru your nose into your stomach (5x)

2) Keep breathing (5x) and look up and FIX YOUR EYES ON JESUS (5x)

3) Next as you do #2 above start to say (either verbally or in your heart), "JESUS".

4) Now, put your hand(s) on your spiritual heart (your spirit where Jesus lives).

5) Pray: Jesus You live in my heart. I'm sorry I don't spend more time with You.

I'd like to learn to walk in YOUR LOVE, PEACE, JOY all the time!!

Holy Spirit, teach me to LIVE IN THE SPIRIT "IN THE NOW".

I give You all my anxieties, fear, & control of everything in my life. Melt them away.

Help me to no longer focus on the past or worry about the future.

I desire to live "in & with" You and You "in & with" me – ALL THE TIME!!

Holy Spirit remind me when I get off track to return to You – lovely You!!

Take control of me throughout my day.

I love You Father God, I love You Jesus, I love You Holy Spirit.

NOTE: You may find yourself praising God, repenting, rebuking the enemy, asking for the filling of the Holy Spirit, and giving control of your will and life to Jesus (see page 138).

You can do this throughout the day. You may even want to meditate or memorize scripture while you do this.

FINALLY, KEEP BREATHING "JESUS"!!

"When anxiety was great within my soul your consolation brought joy to my soul." (Psalm 94:19)

No matter what the situation or what is happening in our lives we can live in the NOW with Jesus ALL THE TIME

– YES, ALL THE TIME!!. He is in our heart and we can experience Him

in the "outer" crappy stuff or even if we are emotionally off track.

We don't have to worry about what we've done or what is going to happen.

We, **BY FAITH, focus on Him in our heart and ENJOY HIM no matter what "in the NOW".**

In every situation we are learning how to be **CONTENT IN ALL CIRCUMSTANCES!!**

This is A GIFT – IT IS THE INDESCRIBABLE GIFT OF "JESUS". Learn it Walk in it..... Enjoy HIM!!

Never feel guilty for living in the Spirit in your heart where Jesus lives (by faith).

Talk to Him there, love Him there, praise Him there, bless Him there, enjoy Him there!!

And pass it on to the people you meet. Does anybody out there need:

Jesus's PEACE JOY LOVE etc.

**There is not in this world a kind of life more sweet and delightful
than that of a continual conversation with God.**

Those only can comprehend it who practice & experience it!!

(Brother Lawrence)

P.R.A.Y.: An Amazing Opportunity!!!

The acronym (P.R.A.Y.) can be prayed anytime (or when attacked in your mind, feeling compulsive/addictive, when in your flesh, sexual attacks, etc.) Say the “REBUKE” below OUTLOUD!!

Praise: *(look up at Jesus to praise God & experience His presence):*

I praise You God Almighty. I worship You Jesus. I love You Holy Spirit. Father You are good. Bless You Father God. Thank You Jesus for shedding Your blood. I worship You. I praise Your Holy Name. I bless You for Your goodness & grace. I thank You for You are good & gracious. Thank You Lord that because of You I am a forgiven, Spirit-filled, loved, anointed, child of God.

Repent: ***Father God, I come to You thru faith in the shed blood of Jesus Christ for forgiveness of my sins. Forgive me for _____. Lord Jesus come cover me with Your blood bringing forgiveness, healing, peace, power, access to You.***

Rebuke *(outloud):* Satan I rebuke you & your lying, compulsive, addictive, oppressive, tormenting, divisive spirits. I rebuke your spirits of all kinds of fear, lust, and discouragement. I take the authority I have in Christ Jesus and command you and your demons to get away from me and go to Jesus. He will deal with you.

Ask: ***Now Holy Spirit fall upon me. Come and fill me in my spirit, my mind, my will, my emotions, and throughout every cell in my body. Fill me Lord Jesus. Come and fill me completely. I am Yours.***

(worship now & believe God is filling you and has filled you!!).

Yield: ***I turn my will and my life over to You Jesus. Come and take control of me. I yield to You every part of my life. My whole being, my finances, my cares, my worries, my sexuality, my future, my dreams, my (future) spouse, children, etc. You are MY HOPE. You are MY LIFE. You are MY LORD. You are MY ALL AND IN ALL!! I am an anointed, blood bought, born again, Spirit-filled, child of God. I am loved & accepted by God!***

Praise – Repent - Rebuke – Ask – Yield

There is not in this world a kind of life more sweet and delightful than that of a continual conversation with God. Those only can comprehend it who practice & experience it!! (Brother Lawrence) 138

FREEDOM PRAYER: (to print see: altogetherlovely.org)

1) THE BLOOD 2) DIED 3) BURIED 4) RESURRECTED 5) ASCENDED 6) SEATED

7) MY WALK 8) MY STAND ANYTIME: The Filling of the Holy Spirit

WE COME TO GOD THROUGH FAITH IN THE SHED BLOOD OF CHRIST!!

1) THE BLOOD: Father God, I come to You through faith in the shed blood of Jesus Christ Your Son on the cross of Calvary. I confess my sin(s) of (eg. walking in my sinful nature). Thank You that Your blood Jesus gives me forgiveness for my sins and power over my sin(s). Come into my heart now and be my Savior and Lord. Thank You Father God that I am Your child. I am forgiven, anointed, loved, accepted by God, & You are always with me.

THESE TWO SECTIONS REMIND US OUR OLD MAN IS DEAD

2) DIED: Jesus thank You for dying on the cross for me. Jesus You showed Your love for me by dying on the cross. Your death brought death to my old sinful man. I am crucified with You Jesus and my body of sin is now rendered powerless. I am dead and free from sin. Jesus I also die daily to myself – You are my life!!

3) BURIED: Jesus thank You that I was buried in You and that my old man is in the grave. Help me to leave my old sinful man there. Lord Jesus, I die daily and leave my old self dead in the grave. That is not me.

THESE THREE SECTIONS BRING US INTO WHO WE ARE IN CHRIST!!

4) RESURRECTED: Jesus thank You that I arose in You and that I have Resurrection Life. I am a new creation and have new life in You Jesus – Resurrection Life!! The old has past the new has come.

5) ASCENDED: Jesus, thank You that I was ascended in You and I am above things of this earth.

6) SEATED: Jesus, thank You that I am now seated in the heavenly realms in You, Christ Jesus. Lord help me to live my life from this position of being seated in You in the heavenly realm. Then I am free from sin & Your power is strongest in my life.

THESE TWO SECTIONS HELP US TO LIVE THE CHRISTIAN LIFE:

7) MY WALK: Jesus I take my position of being seated in You and now ask You to give me power to live a life worthy of the calling I have received. As I walk with You fill me with Your Spirit. I want to walk as Jesus did.

8) MY STAND: Jesus, I now STAND in You in my Christian life. I stand on Your promises, Your truth, Your power, and Your life.

BE FILLED WITH THE HOLY SPIRIT (can be prayed anytime!!):

Jesus I am a member of Your Spiritual Church through faith in Your death and resurrection. Holy Spirit, come fall upon me now. Come fill me Holy Spirit in my spirit, my soul (mind–will–emotions), and through every cell in my body so I can serve You. Fill me Holy Spirit – I want more of You. Thank You Holy Spirit that I am sealed by You for the day of redemption. I am an anointed, blood bought, Spirit-filled, child of God. I am loved & accepted by God & free!!!!

OUR IDENTITY IN CHRIST: WHO I AM!!! (pray a section out loud each day)

DAY 1: My name is recorded in heaven. (Luke 10:20) I believe in Christ, have eternal life and will be raised up on the last day. (John 6:40) I have everlasting life. (John 6:47) I have abundant life (John 10:10) I have eternal life (John 10:28) I have a mansion of Glory waiting (John 14:2) I am indwelt by Christ (John 14:23) As I remain in Christ, I will bear much fruit. (John 15:5) I am a friend of God (John 15:15) I am in Jesus' prayers and a gift to Jesus from God (John 17:9,12,14) I am saved by Christ (Acts 4:12) By believing in Christ I receive forgiveness of sins through His name (Acts 10:43) In Christ, I live and move and have my being. (Acts 17:28) My hope in God has given me the promised resurrection of my body (Acts 24:15) I have righteousness from God through faith in Jesus Christ. (Rom 3:22) I am justified through faith in Jesus (Rom 3:26) I am dead to sin but alive to God in Christ Jesus. (Rom 6:11) I have received the free gift of God; eternal life in Christ Jesus (Rom 6:23) I have no condemnation in Christ Jesus. (Rom 8:1) I am indwelt by the Holy Spirit, an heir of God and joint-heir with Christ (Rom.8:16-17)nothing will be able to separate me from the love of God in Christ Jesus (Rom. 8:39) I will never be put to shame because I trust in Jesus (Rom. 9:33; 10:11) I am part of the Body of Christ belonging to the other members of His body. (Rom. 12:5) I'm filled with joy & peace. I overflow with hope by the Holy Spirit's power (Rom 15:13) I am sanctified in Christ Jesus and called to be holy (1 Cor. 1:2) I have been given grace in Christ Jesus. (1 Cor. 1:4) Because of God I am in Christ Jesus (1 Cor. 1:30) I am wise in Christ! (1 Cor. 4:10) I have ten thousand guardians in Christ, (1 Cor. 4:15) I am made alive in Christ Jesus. (1 Cor. 15:22) I am washed, sanctified and justified in the name of the Lord Jesus Christ (1 Cor.6:11) My body is the Holy Spirit's abode (1 Cor.6:19) I have spiritual gifts (1 Cor.12:11)

DAY 2: Christ's promises are always "Yes" in Christ. (2 Cor. 1:19--20) God makes me stand firm in Christ. (2 Cor. 1:21) God has anointed me, set his seal of ownership on me. (2 Cor.1:21) God has put His Spirit in my heart as a deposit, guaranteeing what is to come. (2 Cor.1:21) In Christ I have redemption through His blood, the forgiveness of sins (Eph. 1:7-8) God's grace has been lavished on me with all wisdom and understanding (Eph. 1:7-8) I have been chosen and predestined in Christ (Eph.1:11) In Christ, I am a new creation; the old has gone, the new has come! (2 Cor. 5:17) God has reconciled me to Himself in Christ, (2 Cor. 5:19) – He has committed to me the message of reconciliation. (2 Cor.5:19) God made Him who had no sin to be sin for me, (2 Cor.5:21) In God I have become the righteousness of God. (2 Cor.5:21) Everything I do is for other's strengthening. (2 Cor.12:19) I have freedom in Christ Jesus and will not become a slave again to sin. (Gal 2:4) I have put my faith in Christ Jesus that I may be justified by faith in Christ (Gal. 2:16) I have been blessed in the heavenly realms with every spiritual blessing (Eph. 1:3) I was chosen in Him before the creation of the world to be holy and blameless (Eph. 1:4) I have been marked in him with a seal, the promised Holy Spirit, (Eph.1:13) God raised me up with Christ and seated me with Him in the heavenly realms (Eph. 2:6) I am God's workmanship. (Eph.2:10) I'm created in Christ Jesus to do good works prepared in advance for me (Eph.2:10) In Christ Jesus I have been brought near through the blood of Christ. (Eph. 2:13) In Christ I may approach God with freedom and confidence. (Eph. 3:12) Christ dwells in my heart through faith. I'm being rooted and established in love. (Eph. 3:17) I should pray in the Spirit on all occasions with all kinds of prayers/requests. (Eph.6:18) I should be alert and always keep on praying for all the saints. (Eph.6:18)

DAY 3: I am a servant and saint in Christ Jesus (Phil. 1:1) I put no confidence in the flesh (Phil. 3:3) I want to be found in Him, having God's righteousness by faith (Phil. 3:9) I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. (Phil. 3:14) I have heavenly citizenship in Christ (Phil.3:20) My name is recorded in heaven (Phil. 4:3) The peace of God will guard my heart and mind in Christ Jesus. (Phil. 4:7) I am strengthened for all tasks to which God calls me (Phil.4:13) I have all my needs met according to His glorious riches in Christ Jesus (Phil. 4:19) I am a saint in Christ Jesus (Phil. 4:21) I am holy and faithful in Christ. God's given me grace and peace (Col. 1:2) I have been rescued from the dominion of darkness and brought into the kingdom of God's Son (Col.1:13) In Christ, I have redemption, the forgiveness of sins. (Col. 1:14) Christ is before all things, and in Him I am held together. (Col. 1:17) All God's fullness dwells in me. I am complete in Him. (Col. 1:19) I have all the hidden treasures of wisdom and knowledge in Christ. (Col. 2:3) Just as I received Christ Jesus as Lord, I will continue to live in Him (Col. 2:6) I will be rooted and built up in Him, strengthened in the faith and overflowing with thankfulness. (Col. 2:7) I have been given fullness in Christ, the head over every power and authority (Col. 2:10) I died, and my life is now hidden with Christ in God. (Col. 3:3) I will give thanks in all circumstances, for this is God's will for me in Christ (1 Thess. 5:18) The name of our Lord Jesus will be glorified in me (2 Thess. 1:12) I have served well and will gain an excellent standing and great assurance in my faith in Christ Jesus. (1 Tim. 3:13) I will set an example for the believers in speech, in life, in love, in faith and in purity. (1 Tim. 4:12) God, who richly provides for me everything for my enjoyment. (1 Tim. 6:17) I have the promise of life that is in Christ Jesus, (2 Tim.1:1) God has saved me and called me to a holy life because of is own purpose and grace (2 Tim. 1:9)

DAY 4: I want to live a godly life in Christ Jesus and I will be persecuted (2 Tim. 3:12) The Scriptures are able to make me wise for salvation through faith in Christ (2 Tim. 3:15) I will be active in sharing my faith, so that I'll have a full understanding of every good thing I have in Christ (Philemon 1:6) I am a child of God, and I belong to Him (1 Pet.1:9) I am redeemed by the precious blood of Christ (1 Pet.1:18-19) Thru Him I believe in God, who raised Him from the dead and glorified him. My faith and hope are in God (1 Pet. 1:21) I have been born again of incorruptible seed (1 Pet.1:23) I trust in God and will never be put to shame. (1 Pet. 2:6) I am a priest of God (1 Pet.2:5,9) The God of all grace, will Himself restore me, make me strong, firm and steadfast (1 Pet. 5:10) I have fellowship with the Trinity (1 John 1:3) I am in Christ and have no darkness in me. (I John 1:5) But when I walk in the light, as He is in the light, I have fellowship with one another, and the blood of Jesus, His Son, purifies me from all sin (I John 1:7) Christ is my advocate (I John 2:1) Because I claim to live in Him, I must walk as Jesus did. (I John 2:6) I don't love the world and I have the Father's love in me. (I John 2:15) The anointing I received from God remains in me (I John 2:27) I will continue in Him, so that when he appears I'll be confident and unashamed before Him at his coming (I John 2:28) I am a child of God (1 John 3:1) He appeared so that he might take away my sins. And in Him is no sin. (I John 3:5) I know that I live in Him and He in me, because He has given me of His Spirit. (I John 4:13) I acknowledge that Jesus is the Son of God, so God lives in me and I in God. (I John 4:15) I know Him who is true. And I am in Him who is true—even in His Son Jesus Christ. He is the true God and eternal life. (I John 5:20)

MY PRAYER LIST

(fill in the blanks with people to pray for daily. You can: lay your hands on this list and pray, or lift up each name up to the Lord, or pray a longer time for those needing more prayer!!!)

FAMILY MEMBERS (salvation & needs)

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

FRIENDS (salvation & needs)

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

CHURCH MEMBERS & LEADERSHIP (God's protection & blessings)

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

LOCAL MINISTRIES / CHURCHES (God's protection & blessings)

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

WORLDWIDE MINISTRIES (God's protection & blessings)

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

MISSION ORGANIZATIONS (God's protection & blessings)

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

COUNTRIES ON YOUR HEART (God's reign and rule)

ISRAEL _____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

DECEASED FAMILY/FRIENDS

Father God, I place these loved ones in Your hands. You are a Just God. I give them to You.

1) THE BLOOD: For the life of a creature is in the blood, and I have given it to you to make atonement for yourselves on the altar; it is the blood that makes atonement for one's life. (Lev.17:11) The blood will be a sign for you on the houses where you are, and when I see the blood, I will pass over you. No destructive plague will touch you when I strike Egypt. (Ex.12:13) Since we have now been justified by his blood, how much more shall we be saved from God's wrath through him! (Romans 5:9) In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace (Ephesians 1:7) But now in Christ Jesus you who once were far away have been brought near by the blood of Christ. (Ephesians 2:13) and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross. (Col.1:20)

2) DIED: For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin— because anyone who has died has been set free from sin. (Romans 6:6-7) I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. (Galatians 2:20)

3) BURIED: We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. (Romans 6:4)

4) RESURRECTED: For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his. (Romans 6:5)

5) ASCENDED: After he said this, he was taken up before their very eyes, and a cloud hid him from their sight. (Acts 1:9) was taken up in glory. (Timothy 3:16)

6) SEATED: And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, (Ephesians 2:6) Therefore God exalted him to the highest place and gave him the name that is above every name, (Philippians 2:9)

7) MY WALK: s a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. (Ephesians 4:1)

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. (Colossians 2:6-7)

8) MY STAND: Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. (Ephesians 6:13) Moses answered the people, “Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. (Exodus 14:13) then, free of fault, you will lift up your face; you will stand firm and without fear. (Job 11:15) because it is by faith you stand firm. (2 Cor.1:24)

FILLED WITH THE HOLY SPIRIT (pray anytime!!): When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues¹ as the Spirit enabled them. (Acts 2:1-4) But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you. (John 16:7) Exalted to the right hand of God, he has received from the

**“It is for freedom that Christ has set us free;
Therefore, keep standing firm
and do not be subject again
to a yoke of slavery.”
(Galatians 5:1)**

**For Multiple Resources See:
altogetherlovely.org/healing
altogetherlovely.org
altogetherlovely.org/discipleship**

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